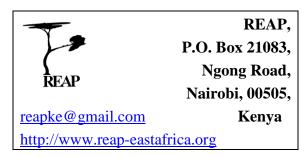
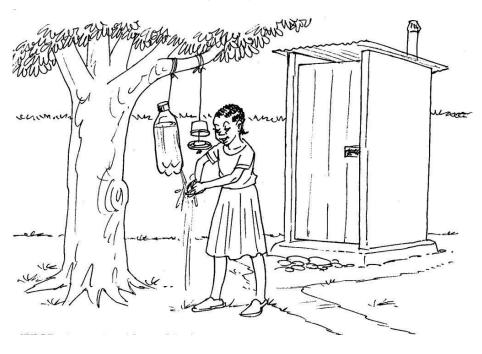
- 2. When the bottle is squeezed water will flow out of the hole. You can use this water to wash your hands one at a time.
- 3. The bottle can be carried round with a basin and squeezed to release the water in the same way that a jug is traditionally used. Many more hands can be washed with the same amount of water, reducing the need to carry so much water. This is especially useful when water is carried from far.





## "HAND WASHING BOTTLE"

Availability of running water is the main reason why people fail to wash their hands regularly.



Here is an idea that only uses a small amount of water to wash hands. The "Hand washing bottle" is a simple tool made from an old plastic bottle that is otherwise considered to be rubbish. It therefore costs nothing

## MATERIALS NEEDED FOR A "HAND WASHING BOTTLE"

An empty soda, water or squash bottle

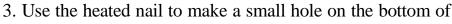
A candle A nail

Some string A piece of soap

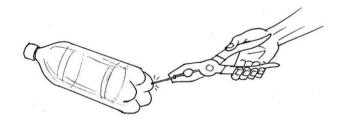
A small tin or small plastic container such as used for Blueband.

## HOW TO MAKE YOUR "HAND WASHING BOTTLE"

- 1. Choose an empty plastic bottle with a well fitting screw on lid. The larger the bottle the less frequently it needs to be filled. A 2 litre bottle is suitable, though if not available smaller ones can be used.
- **2.** Heat the tip of a small nail over the candle or tin lamp.



the bottle. Just push the nail in and remove it. Do not move it around to make a larger hole!



- **4.** Tie a piece of string about around the neck of the bottle. Use this string to hang the bottle from the branch of a tree or another suitable place.
- 5. For hand washing you also need soap. Thread a piece of soap and an empty tin or plastic container through another piece of string. The tin will protect the soap from rain and sun. Attach this string to one of the supporting strings. One way of doing this is to use a hot nail to make a hole in the top and bottom of a small Blueband container as in the picture.



- **5.** Put a finger over the hole in the bottom of the bottle and fill the bottle with water. Screw the top on tight.
- 6. Hang the "Hand Washing Bottle" close to your latrine, or anywhere else where people will wash their hands. It is now ready to use.

## HOW TO USE YOUR "HAND WASHING BOTTLE"

There are several ways of effectively using this bottle:

1. Loosen the top of the bottle and water will flow. Wash your hands in this water and close the top to stop the flow.