



Photo of this issue

“Let’s see who can demonstrate the correct handwashing!”

At the community youth center, there are groups of young children learning the importance of handwashing and gargling.

The new project in Egypt aims to reach about 6,000 Egyptian citizens, implementing handwashing and gargling in their daily life to prevent the COVID-19. The main players here are 100 young leaders selected in 10 Governorates of Egypt. They first attended the training session, in which they learned about Japanese education system, where handwashing and gargling have been practiced even by small children. They also include the essence of “Tokkatsu” while they are campaigning, giving the children chance to work as a team and think about their responsibility in the society.



By now about 2,000 people have participated in the workshop. The project tries to reach more children and qualify those children to deliver the messages of the project to their families and friends, and the hard work under the Egyptian burning sun continues until August.

(Photo by JICA Egypt Office)

**Tanzania Reaching 1.5 million people?
National staff initiative to promote handwashing campaign**



Handwashing campaign task team in the office

In order to promote the "Handwashing for health and life" campaign, the JICA Tanzania Office gathered members from each group in the office to form the Handwashing Task Team, which is engaged in activities such as the dissemination of handwashing awareness materials for each project, public relations activities, and measures to prevent coronavirus infection in the office.

The first activity was a seminar for the office staff. The national staff led the seminar, which included an overview of COVID-19 countermeasures, practical training on in-car disinfection (for drivers), good practices for handwashing in medical facilities, and the correct method and timing of handwashing. Participating staff members responded favorably, saying that they would like to share the knowledge they gained and the printed “correct handwashing” by INOUE Kimidori at home and in the community. In addition, the national staff came up with the Swahili slogan "Tokomezwa Magonjwa kwa kunawa mikono mara kwa mara" (translation: Let's get rid of diseases by washing hands regularly), which increased the momentum for everyone to wash their hands thoroughly and work together as an office to take measures against COVID-19.



"Correct handwashing" in a local newspaper

Under the slogan, we are also promoting handwashing awareness materials. In particular, when we published “correct handwashing” translated into Swahili in four local newspapers, one of the newspapers received more



Handwashing awareness raising at a construction site for a grant aid project (Sumitomo Mitsui Construction Co., Ltd.)

than 600 inquiries on the same day, and the total circulation of the four newspapers was about 150,000. It is possible that the newspaper reached about 1.5 million readers. There were a lot of generous comments and responses from readers all over the country, including in rural areas. In addition, the office has been promoting handwashing awareness among counterparts by distributing “correct handwashing”, of which 5,000 copies are available, mainly in Swahili, at events and workshops for each project.

Through these activities, we have received many responses such as “Thank you for reminding us of the importance of handwashing,” which makes us feel that handwashing touches the heartstrings of Tanzanians. We would like to continue our activities to bring the importance of handwashing to more people.

(Mr. ASAMI Tatsuya, JICA Tanzania Office)



Timor-Leste

Safe water supply and proper handwashing practices

The video "[Fase liman ho sabaun \(Let's wash our hands with soap\)](#)", which was created by JOCVs in the health and computer technology fields, was posted on the Timor-Leste Office Facebook page.

This video is based on the "Handwashing Play" performed at the commemorative event for the dispatch of JOCV to Timor-Leste, which attracted about 400 people. Originally, "Fase liman ho sabaun" was a song created by the previous volunteers to promote handwashing. The current volunteers added a dance to the song and performed it at the event. The reason for posting this video on Facebook was a message on the Timor-Leste social media group, "Would you like to send out a Fase liman? Due to the spread of COVID-19, volunteers working in Timor-Leste were forced to return to Japan. The volunteers who returned to Japan and those who were waiting to be dispatched were united in their desire to do something for the local people even though they were in Japan, which led to the creation and posting of the video. And the video, with the song and dance portions cut out and subtitled in the local language, has been viewed 370,000 times.

In Timor-Leste, a small country with a population of about 1.2 million, we hope that the commemorative events and social networking sites have helped to spread the word about "Fase liman ho sabaun".



Handwashing play (handmade soap was distributed to participants after the play)



Song and dance performance of "Fase liman ho sabaun"



Scene from the event

Note: The event in the photos took place in May 2019, before the spread of COVID-19.

(Mr. YOKOHORI Shinji, JICA Timor-Leste Office)



Report on the Project Research "The COVID-19 Crisis Response and Lessons Learned in the Water, Sanitation and Hygiene (WASH) Sector" (Part 1)

Ms. KADOKAMI Aya of Earth System Science, Co., Ltd. reports in this issue and the next on the findings so far related to handwashing from the ongoing Project Research “The COVID-19 Crisis Response and Lessons Learned in the Water, Sanitation and Hygiene (WASH) Sector”.

Due to the spread of COVID-19, the importance of handwashing with water and soap as an effective preventive measure has been reaffirmed worldwide. However, it is reported that 3 billion people, which is 40% of the world's population, do not have access to basic handwashing facilities with water and soap at home, and 75% of the population in sub-Saharan Africa (WHO/UNICEF¹). With such a background, we are currently conducting a survey on handwashing and the factors

that promote behavioral change related to handwashing as part of the Project Research. The first report is on the points of handwashing.

It is reported in many papers that handwashing with soap is rarely done in low-income countries. They are mainly due to the burden on households to purchase soap, risks for stealing and wastage of soap if left at a handwashing facility, inconvenience to bring soaps from household to the handwashing facility, and lack of adequate time for proper handwashing (at least 20 sec rubbing) (Zeitlyn 1991² : Curtis et al. 2009³ : Scott 2007⁴). Is it definitely necessary to use both water and soap for handwashing?

Scientific evidence on infection prevention and control of COVID-19 through handwashing has not been reported. However, it is reported that 99% of the virus can be removed by handwashing with running water, so handwashing with water alone is effective to some extent. It is also reported that 99.9% of the virus can be removed by the combination of rubbing with soap for 10 to 30 seconds followed by rinsing hands with running water for 15 seconds (Mori, 2006⁵), so handwashing with soap is still strongly recommended.

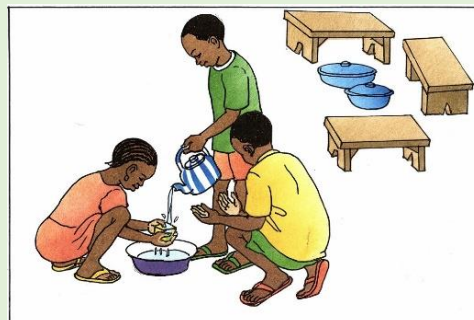
Water quality, water volume, and drying method are also important points for handwashing. There is no need for the water quality used for handwashing to meet the drinking water standards if proper handwashing with soap is done. At a minimum, however, the water from improved water sources is recommended to be used for handwashing (Verbyla et al. 2019⁶: WHO and UNICEF 2020⁷: CDC 2000⁸). The minimum water quantity is 0.2L per handwashing (PAHO 2020⁹). In addition, using running water is important to prevent pathogens from sticking to your hands when using a bucket of water to wash your hands. Wiping off the virus is effective for areas that are often found unwashed, such as the base of the thumb and fingertips. After handwashing, it is important to dry your hands, even naturally.

In the next article, I would like to report on the habituation of handwashing behavior.

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(Ms. KADOKAMI Aya, Project Research "The COVID-19 Crisis Response and Lessons Learned in the Water, Sanitation and Hygiene (WASH) Sector")



An illustration showing proper handwashing methods (PHAST: A participatory approach for the control of diarrhoeal disease)



Children washing their hands with lathered soap and rinsing their hands with running water from a kettle.



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