

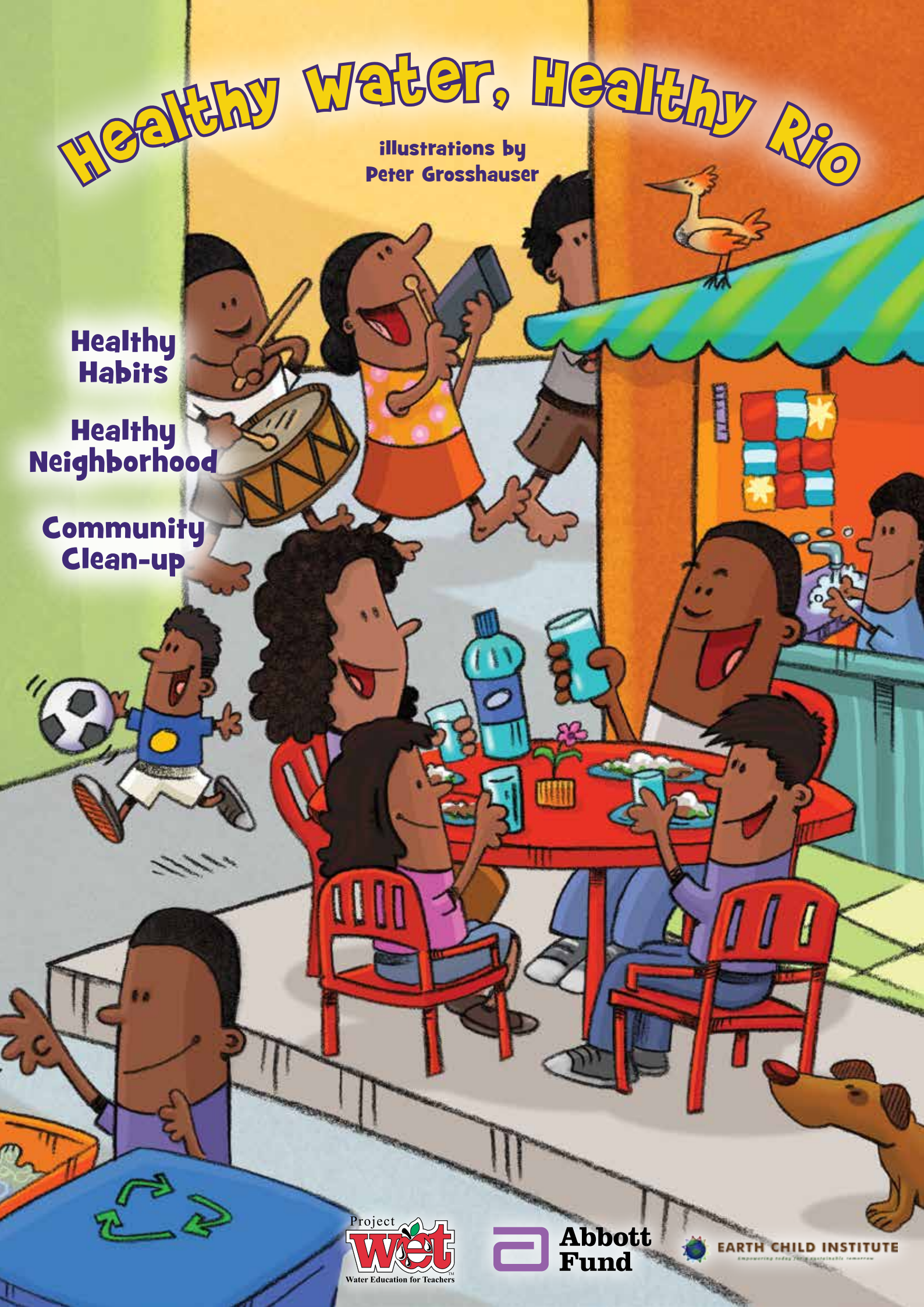
Healthy Water, Healthy Rio

illustrations by
Peter Grosshauser

Healthy
Habits

Healthy
Neighborhood

Community
Clean-up



Healthy Habits

How can you stay healthy?

Avoid Dengue!

Dengue fever is carried by the female *Aedes* mosquito. When she bites a person with dengue fever, she spreads the disease to the next person she bites.

Which activities below prevent the spread of dengue?



Removing standing water from around your house.



Throwing trash into a covered trash bin.



Leaving piles of trash on the street.



Using insect repellent.



Forgetting to place covers on water containers.



Bruno Maia

Catadores are people who pick materials out of garbage and take them to be recycled.

Use Soap and Water!

Soap removes more germs than using water alone.

1. Get hands wet.



Create a song that lasts 20 seconds and sing it while washing your hands!

2. Rub your hands with soap for at least 20 seconds.

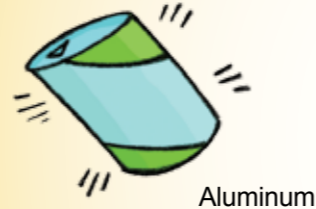


3. Rinse your hands with clean water.

Why Recycle?

Look at the corners of this activity booklet to learn why you should recycle!

Identify the items you can recycle in the pictures below.



Aluminum



Candy wrappers



Glass



Plastic



Food scraps



Newspaper

Germs are like the hot parts of chilis—you can't see them but they are there.



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Recycling creates jobs for catadores.

Healthy Neighborhood

Play this game to learn about healthy habits!

Tijuca Forest (start)

You wash your hands before eating. Move ahead 2 spaces.

You turn off the faucet after washing your hands. Take another turn.

You throw trash on the ground. Skip a turn.

You forget to wash your hands after using the bathroom and get diarrhea. Go to the Hospital.

You drain water from the containers around your house to keep mosquitoes away. Move ahead 2 spaces.

You keep the rivers and streets clean in the community. All players advance to the next red space.

You left the water container uncovered at your house. Go to the hospital for dengue fever treatment.

You separate all the plastic, cans, newspaper and glass in your house for recycling. Move ahead 1 space.

Guanabara Bay (Finish)

Congratulations!

You have kept yourself and your environment healthy. Now you can teach your friends and family how to stay healthy too!

How to Play

1. Find a bottle top, a coin or a rock as a game piece for each player.
2. Start at the spring in Tijuca Forest and follow the path to the Guanabara Bay.
3. Roll a die to determine how many spaces to move. (If you do not have dice then you can use pieces of paper numbered 1-6 and draw a number.)
4. Follow the instructions on the space where you land. If you land on an open space, stay there until your next turn.
5. Roll the die once per turn. After each player moves and follows the instructions, the next player to the left takes a turn.
6. If you are sent to the hospital, you must return to the Start on your next turn.
7. The first player to make it from Tijuca Forest to the Guanabara Bay wins! You do not need to land directly on the Guanabara Bay space to win.

Start over on your next turn.



Recycling reduces pollution and trash in the Guanabara Bay and ocean.



Recycling helps keep water, and the animals that live in it, healthy.

Community Clean-up

Can you find the items for recycling in the scene on the left? Check your answers on the back of this booklet!

Can you see the differences in the two pictures below? Which scene shows a healthy community?

Find the differences in the two pictures and list the healthy habits.



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Less trash in communities means less mosquitoes, rats and dangerous germs.



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7

Disposing of trash properly in trash cans keeps communities healthy.

Answer Key

Healthy Habits, p. 2-3

Avoid Dengue!

Healthy Habits:

- Using insect repellent
- Removing standing water from around your house
- Throwing trash in a trash bin

Unhealthy Habits:

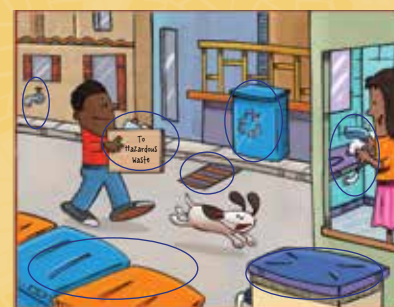
- Forgetting to place covers on water containers can attract mosquitoes to breed. Be sure to cover all water containers and remove pools of water from around your house.
- Leaving piles of trash in the street can attract mosquitoes. Throw all trash away in the proper trash bins removal in order to decrease the number of mosquitoes in your community.

Community Clean-up, p. 6-7

The scene on the right shows the healthy community.

Healthy Habits:

- Turn off all faucets and fix all leaks to conserve water.
- Throw all trash away in closed trash bins.
- Cover water tanks so that mosquitoes are not attracted to them.
- Recycle materials such as aluminum, plastic, newspaper, and glass.
- Take used batteries to hazardous waste sites—do not discard them with regular trash because they are toxic to the environment.
- Wash your hands after using the bathroom and before eating or handling food.
- Clean up your community so that trash does not clog storm drains and cause flooding.



Recyclable Materials:

- battery (take batteries to a hazardous waste facility for recycling or disposal)
- aluminum
- plastic bottle
- newspaper
- glass

Healthy water, Healthy Rio is Brought to you By...



Project WET Foundation

The Project WET Foundation envisions a world in which action-oriented education enables every child to understand and value water, ensuring a sustainable future. www.projectwet.org

Made possible with funding through:



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Print Coordination by Koehler + Co.

Field tested at Escola Municipal Bombeiro Geraldo Dias (Salgueiro, Tijuca, Rio de Janeiro) by Denise Veira dos Santos and Earth Child Institute.

ISBN: 978-1-888631-98-2

Published by the Project WET Foundation
Dennis L. Nelson, President and CEO

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First printin, March 2014.
Printed in Barueri-Alphaville, São Paulo, Brazil.

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