

Safe Human Waste Practices

Toilets come in all shapes and sizes. No matter what type of toilet you use, these practices will help your family avoid illnesses related to unsafe human waste disposal.



FLUSH TOILET

1. Try not to touch extra surfaces.
2. Sit on the toilet like a chair.
3. Use toilet paper to wipe yourself clean.
4. If possible, put the toilet paper in the toilet. Otherwise put it in the trash.
5. Always flush the toilet.
6. Throw away trash.
7. Wash your hands with soap for 20 seconds.



SQUAT TOILET

1. Bunch your clothes around your knees.
2. Squat above the toilet without touching it.
3. Use toilet paper to wipe yourself clean.
4. If possible, put the toilet paper in the toilet. Otherwise put it in the trash.
5. If possible, flush the toilet.
6. Throw away trash.
7. Wash your hands with soap for 20 seconds.



OPEN OR NO TOILET

1. Pick a site far from people, houses, and water.
2. Dig a hole 15 cm deep.
3. Squat over the hole.
4. Use toilet paper or soft leaves to wipe yourself clean.
5. Place paper or leaves in the hole. Fill with dirt, mud, and rocks.
6. Make sure there are no traces of waste.
7. Wash your hands with soap for 20 seconds.

