



**“DRINKING WATER AND GOOD PRACTICES ENSURE THE HEALTH OF MY FAMILY”**

GREYSI, HOUSEWIFE FROM PUERTO ALEGRE

Greysi Huiñapi Cariajano lives in the community of Porto Alegre; she is a 23-year-old housewife and also has a small wine shop. Some time ago, **her family had no drinking water** and as a result **her two children were suffering from diarrhoea**.

“We drank water from the stream and that made us feel unwell. Nor did we know any hygiene practices, and we usually ate on the floor”, Greysi tells us.

**“I feel calm and safe in the knowledge that my town is benefitting from clean drinking water; I ask INCLAM to continue with the activities, teaching families”**

The lack of knowledge of self-care practices and of safe drinking water deepened the problem, and on a daily basis there were cases of diarrhoea in the community; an 8-year-old child even died.

When the water treatment plant and washbasins were being installed in Porto Alegre, she felt she had to change her habits and, in this regard, her husband, who is a teacher, played a very important role, encouraging her. “I wanted to learn about hygiene and the consumption of drinking

water and had the will to change for the health of my children”, she says.

Now she refers with joy to all the things she has learned as part of the project. “I am a clean and healthy person who consumes safe drinking water. We carry out healthy practices in our home, we keep it tidy and have spaces for water and the kitchen”. However, she plans to continue improving her home, with the construction of a latrine.

Greysi also tells us that there was constant support from the facilitators, INCLAM’s social officers, community authorities, through home visits and training, among other actions. “They gave us buckets, dishes, ladles, jugs and motivated us with prizes in school competitions”, she recalls.

Everything achieved at the level of families and communities has helped Porto Alegre families live healthily and happily. For that reason, **Greysi thanks INCLAM and calls for the measures to continue**.

**“Now my children do not get sick”**



**“I HAVE THE OPPORTUNITY TO WORK AND BE ONE OF THOSE RESPONSIBLE FOR MY COMMUNITY LIVING HEALTHY AND HAPPY LIVES”**

JUAN, PLANT OPERATOR

The words of Juan Pipa Mucushua, resident of the Nueva Esperanza community and **operator of the water treatment plant** installed in that town, are evidence of how people can change both individually and collectively as a result of **having safe drinking water**.

Juan is also a farmer, he is 44 years old and father of five children. Before the project was implemented, he suffered, just like other inhabitants of his community, the consequences of the lack of safe drinking water, drinking water from the River Pastaza.

**“We give a good 24-hour drinking water service and guide families on how to collect and transport drinking water”**

The frequent incidence of diarrhoea in children was an emergency and one of the priorities to be resolved. “We had to take decisions and save our population. In 2013 we held a meeting in the community in which we agreed to take action and negotiate with the State.”

Thus two years passed, in which the community made numerous efforts to bring drinking water to the inhabitants, taking briefs, minutes of meetings with agreements and information about the community and their situation to the competent authorities of their district.

At the end of this period, the implementation of the project began in Nueva Esperanza. Initially **organisational meetings were held with the people** to build the plant and there were also educational activities with families on the collection, consumption and storage of drinking water, **where the whole community was involved**: Apu, teachers, facilitators, families and schoolgoers, among others. Also, safe water kits and drinking water was delivered to the inhabitants.

Juan was chosen as an operator of the plant and began to act as facilitator of water and hygiene. **His training as an operator has included training on the operation and maintenance of the plant**. That is to say, he plays an important role in the daily routine of children and parents who collect and consume drinking water.

**“I have the opportunity to work and be responsible, I know and I apply hygiene practices, my family is healthy, I have faith in the project”**

The activities that he carries out have led to many positive changes in Juan’s life. **“I feel happy and at peace with myself because my community have drinking water. It is a blessing from God: families are happy and healthy”**, he says.



**SHE HAS OVERCOME HER PEOPLE'S BELIEFS AND MACHISMO FOR HER FAMILY TO ADOPT HEALTHY PRACTICES**

LIDIA, A HOUSEWIFE FROM CAMPO VERDE

**Changes in beliefs and routines, although they may represent improvements, are not easy to accept.**

They involve challenges and effort, and above all, a lot of tolerance and perseverance. Proof of this is Lidia Carihuazairo Bernuy, a 22-year-old woman from the Campo Verde community, who had to defy the initial refusal of her husband for her family to consume drinking water and wash their hands to take care of their health.

But time and, above all, the **elimination of illness** in her home proved her right about the importance of adopting healthy practices. Today not only she, her husband and two children wash their hands before eating and preparing *masato*, a typical drink of the area, but they also teach their relatives to do so.

“One of the reasons why my husband did not want to drink water from the sink was because of its new taste. He told me that it was not part of our culture, that our parents and grandparents had never taken it”, Lidia tells us. “But I remember they were always sick”, she points out.

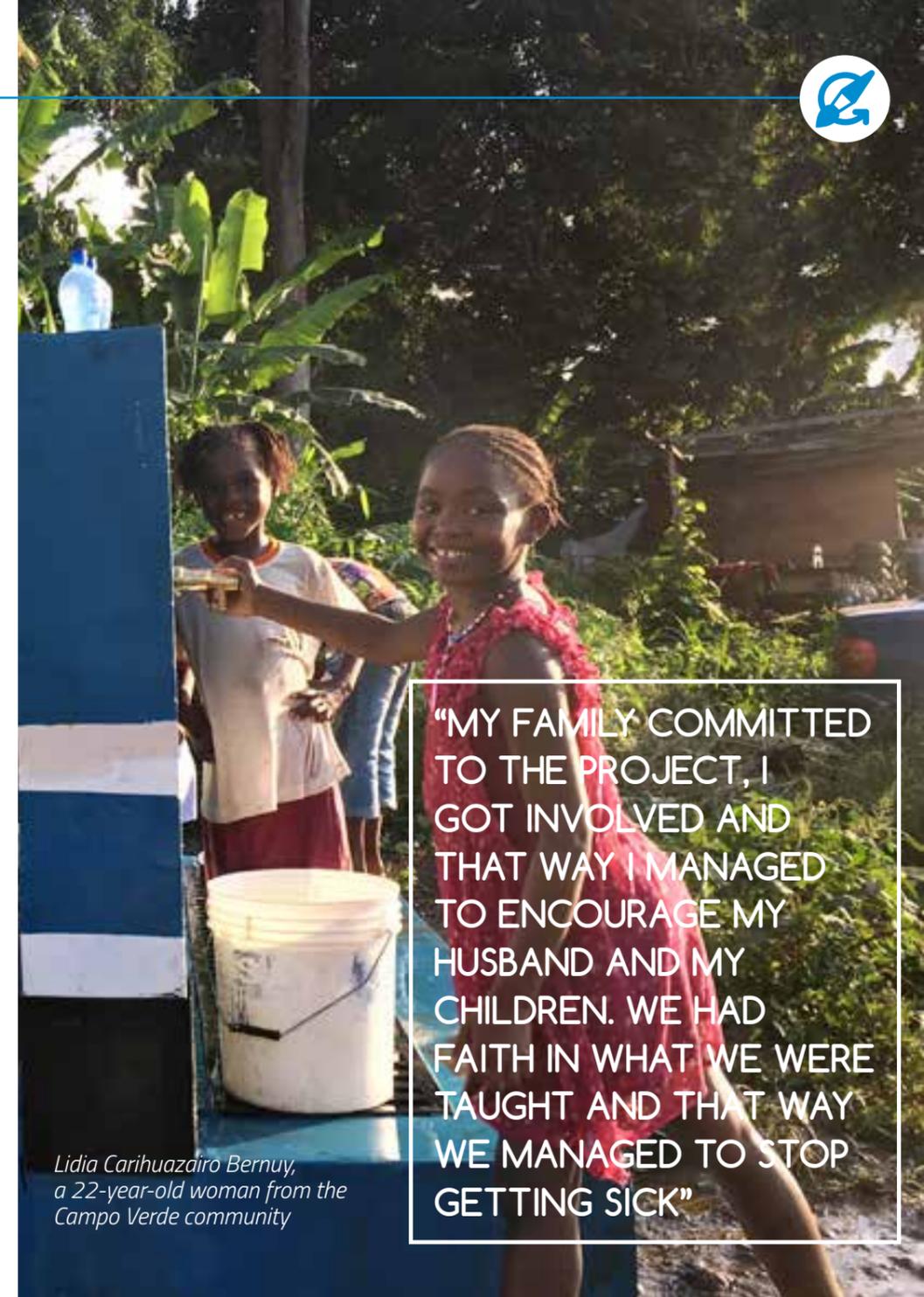
At first, she had to attend project meetings and collect drinking water while putting up with complaints at home and also criticism from her neighbours and relatives who told her, “You’re disobeying your husband”.

But she was tired of her children getting sick all the time. “They had diarrhoea, a temperature, headaches, and I always went to the doctor who took quite a bit of money off us and we didn’t see any improvement. Our culture had many traditions, myths and beliefs that prevented us from changing”, she says.

She also continued to receive visits at her home from INCLAM officers and community facilitators, she continued collecting and making others drink clean drinking water, participating in meetings and other initiatives that she carried out with a lot of enthusiasm. Her children were her best allies in raising her husband’s awareness. “They were the first who got into the habit of consuming drinking water and whenever they returned home they told her that the INCLAM educators had told them they should wash their hands before eating so as not to get sick”.

**Now they have a rule at home established by her husband, “before eating, wash your hands”, and he makes sure it is adhered to**

Lidia’s family have adopted other healthy practices: they clean their home, they have built a table, **installed the bathroom corner and safe water**, and are giving more importance to the education of their children. In the future they plan to have a kitchen and a latrine.



**“MY FAMILY COMMITTED TO THE PROJECT, I GOT INVOLVED AND THAT WAY I MANAGED TO ENCOURAGE MY HUSBAND AND MY CHILDREN. WE HAD FAITH IN WHAT WE WERE TAUGHT AND THAT WAY WE MANAGED TO STOP GETTING SICK”**

Lidia Carihuazairo Bernuy, a 22-year-old woman from the Campo Verde community

