

The Soapy Bottle

Washing hands before eating and after using the toilet is the single most important way to stay healthy.

A soapy bottle is a reused plastic bottle filled with water and a little liquid soap. One filling lasts as long as a bar of soap that costs about ten times more!

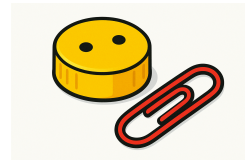


You will need

- 1 empty plastic water bottle with a screw-on lid.
- Liquid handwash, shampoo, or mild laundry liquid soap
- Paperclip or nail to make holes
- Safe water for filling

How to make a soapy bottle

- Wash the bottle and lid.
- Use the paperclip or nail to poke **two small holes** in the lid.
- Fill the bottle **three-quarters** with clean water.
- Add soap using this guide:
 - 250 ml bottle → 6–8 drops
 - 500 ml bottle → 12–15 drops (or ½ sachet of shampoo)
 - 1 liter bottle → 24–30 drops (1 sachet of shampoo)
- Close tightly and shake well.



How to use the soapy bottle

- Keep one bottle **next to every toilet** and **near cooking/eating areas**
- Squeeze the bottle so the soapy water sprays onto your hands
- Rub hands, fingers, nails, and wrists for **at least 20 seconds**
- Rinse with running water if available, or wipe hands dry with a clean cloth

Remember

- Handwashing with soap is the simplest way to stay healthy
- A soapy bottle makes it **affordable** and **easy** for everyone—every day, everywhere