**Brief Update**

Latrine construction by Red Cross gives essential hygiene and sanitation to the most in-need in Sindupalchowk

Widow receives the additional support that she needed to build a new, superior, latrine.

In Melamchi (wards 12 & 13), 81% of families experienced their latrine being destroyed in the devastating earthquake that hit in 2015.

“I have been left alone by my most important family members within a year. Firstly, I lost my husband due to an illness a few months before the devastating earthquake. It has not been more than a year again, I lost my Father-in-Law and 22-year-old daughter in the earthquake”, this is the experience of Mahile Dahal, 49-year widow of Melamchi-12.

With her surviving one daughter and one son, she has been living in a temporary shelter with no access to a toilet - sometimes using the neighbour’s latrine but most of the time in an open field. This can be the major issue for the spread of diseases and for the safety of women. Even being aware of the consequences of defecating in the open field, she has no choice but to do that due to the lack of resources and needing assistance to construct a new toilet. “I am managing to have a roof for my family to stay and how can I think now about toilet construction.”

From the meeting conducted in the community, she was selected by the Village Development Committee (VDC) for latrine construction support. Utilising stones, muds, wood from her damaged house in addition to technical support and skilled labour support from Nepal Red Cross Society, Mahile was able to complete construction of an improved latrine within 7 days. “I am happy to have my own toilet, thank you Red Cross for your assistance”.

“I supported my best for the construction even though my physical and financial condition is poor. I am very happy about the latrine I have now, as we can use it for healthier practices. We don’t need to go to the field feeling afraid and shy if anyone will see us. I feel secure and I am very much grateful to Nepal Red Cross, the volunteers and all” – Mahile Dahal