

# World Water Day

March 22

“Worldwide, 1.3 billion people currently live without electricity, 780 million people lack access to safe drinking water and 2.5 billion people are without sanitation.”

World Water Day Official Website, 2014.

**Saving energy is saving water.  
Saving water is saving energy.**

# Water and Energy\*



\*World Water Day Slogan, 2014 (UN Water)

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# Water

## Sanitation and Health



*“Worldwide, 1.3 billion people currently live without electricity, 780 million people lack access to safe drinking water and 2.5 billion people are without sanitation.”*

World Water Day Official Website, 2014

### Water-related diseases

Water-related diseases include:

- Cholera and typhoid, caused by bacteria in drinking water
- Diseases caused by viruses such as hepatitis A which contaminate water
- Other common diarrheal diseases such as amoebic dysentery, caused by amoebae in drinking water
- Diseases caused by chemical pollution of drinking water
- Schistosomiasis caused by parasites which live in fresh water
- Malaria, dengue and other diseases spread by mosquitoes which breed in water
- Diseases such as legionella, where bacteria are spread by fine airborne water droplets

### Water for drinking

- Good health depends on adequate amounts of safe drinking water.
- Safe water is clear and free of contaminants – chemical, radiation or microorganisms (germs). It should have virtually no germs. If these are present, they must be removed.

### Making water safe to drink

- The following methods can be used to kill or remove micro-organisms:
  - Boiling
  - Using chemicals such as chlorine
  - Filtration
  - UV (ultraviolet) treatment

### Water storage

- Safe water can be contaminated by unsafe transport and / or storage. Problems include:
  - Poor hand hygiene
  - Using containers with wide openings allowing dippers, etc to be re-used
- Narrow neck or sealed containers with spouts or taps are safer.

### Water for hygiene

- Water also contributes to health through hygiene practices such as using soap and water to keep hands and body clean.
- Always use safe water to wash your hands and surfaces which come in contact with food.



### Reference:

World Health Organization, 2014 & World Water Day Official Website, 2014



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