

change the flow



Did you know?

- The average human brain is 75% water. Use it wisely during National Water Week. 21 – 27 March.
- Turn your tap off while you brush your teeth – that way you can save water.
- A 1 litre plastic bottle filled with water, or a brick, in your toilet cistern will save water with each flush.
- The human body loses 3–3.5 litres of water in an average day. Make sure the water you drink to replace it is safe water.
- The world's average annual rainfall is 860mm, South Africa's is 450mm. Keep this in mind and don't be a drip, use less water.
- A person can survive for three weeks without food but only for three days without water. Help save what we've got.
- A dripping tap can waste as much as 60 litres a day or 1800 litres per month.
- A leaking toilet can waste up to 100 000 litres of water in one year! That's enough to take three full baths every day!

national | 21-27
water week | march

Together, we can ensure some, for all, forever. Change the flow.

water for life



water & forestry

Department:
Water Affairs & Forestry
REPUBLIC OF SOUTH AFRICA



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Water is essential for life. We need it for drinking, washing, cooking, cleaning, for growing food and even for industry. We also need it to sustain the earth's ecosystem or environment.

In South Africa, we live in a country that doesn't have a huge supply of water. In fact, our average rainfall is just 450mm which is well below the world's average of 860mm. And even though some years we have better rainfall than others and some areas in the country have more rain than others, we're still considered a water-scarce country. This means we need to do everything possible to try and save our water.

Welcome to Water Week! This takes place from 21 – 27 March 2005. It ties in with Human Rights Day on 21 March 2005 and International Water Day, on 22 March 2005 which is celebrated across the world.

What happens in Water Week?

During Water Week the Department of Water Affairs and Forestry and the water sector encourage everyone to not only save water but also to find different ways to use less water in their homes, their gardens, at work and at school. All sorts of interesting things happen during the week, from opening new dams to educational events in schools and communities. You are also encouraged to get people to run water awareness events in their schools, institutions and communities.

What can you do to make a difference?

A lot! You can change the way you and your family use water and save a huge amount of water and money every month. This will also help to save our environment.



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Use water wisely when you open a tap by changing the flow. Did you know that a bath uses between 80 and 150 litres of water? That a shower can use 20 litres a minute? Or that a garden hose can use 30 litres of water every minute? And that a toilet can use 12 litres every time you flush?

Take a shower instead of a bath

Bathing is the second highest user of energy in the home, because it takes a lot of electricity to keep bath water hot. If you use less water in your bath you can reduce your monthly water and electricity account. Even better yet, take a shower if it is possible.



Use less electricity and save water

Using less electricity saves not only money but also water. For example, a 100 watt light bulb left on for 12 hours uses almost 3 litres of water. This is the amount of water required to generate 100w of electricity for 12 hours. So always switch off lights when you're not using them.



How can you keep your family and yourself healthy?

Make your water safe before you drink it. If water is not from a reliable source, like a tap (not borehole) first filter it through a clean cloth into a clean container. Then add 1 teaspoon of bleach for 20–25 litres of water. Mix it well and let it stand for half an hour. Or you can boil the water but let it bubble for one minute to make sure it is clean and safe.

Store clean water in a closed container. Safe water can easily get dirty so keep it clean. It's important not to touch the water with your hands as this may cause the spread of germs. Rather pour or scoop from the container when you need the water.



Wash your hands. It's the best way to stop the spread of germs, which can make you sick.

Wash them with soap (or ash) and safe water before you eat, prepare food or after you have been to the toilet.

Use the toilet, keep it clean and wash your hands after using it. If you get sick with diarrhoea (runny tummy) or start vomiting, make this mixture and drink it regularly:

Take 1 litre of safe water.

Add 8 teaspoons of sugar.

Add half a teaspoon of salt.

Mix well and drink a glass of it every hour.

Don't forget to go to your clinic for help.



And lastly, don't forget about the three R's

Reduce the amount of water you use every day and think of ways you can save water.

Re-use water whenever you can, e.g. leftover bath water can be used to water the plants in your garden.

Repair leaks. Check that all the taps and pipes in your house are leak-free.