

container. Then add one teaspoon of bleach for 20 to 25 litres of water. Mix it well and let it stand for half an hour. Or boil the water and let it bubble for one minute to make sure it is clean and safe.

Safe water can easily get dirty, so keep it covered and clean. It is important not to touch the water with your hands, as this may cause the spreading of germs. Rather pour or scoop from the container when you need water for drinking or cooking.

### Protect yourself from diarrhoea

Germs from human waste (faeces) cause diarrhoeal diseases, including cholera.

It is the best way to stop the spreading of germs, which can make you sick. Wash your hands (with soap or ash and safe water)

before you eat or prepare food, or after you have been to the toilet.

### Use the toilet, keep it clean and wash your hands afterwards

If you get sick with diarrhoea (runny tummy) or start vomiting, prepare this mixture and drink it regularly. Do not forget to go to your clinic for help:

- 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

### Why is handwashing so important?

- Around four billion cases of diarrhoea are recorded worldwide each year.
- Diarrhoeal diseases claim the lives of nearly two million children every year.
- Over 1,5 million cases of diarrhoea,

in children under five, are recorded in South Africa each year.

- Over 100 children may die daily from diarrhoeal diseases in South Africa.
- Human waste (faeces) is the source of most diarrhoeal pathogens or germs.
- One gram of faeces can contain 10 million viruses, 1 million bacteria, 1000 parasite cysts and 100 worm eggs.
- Studies also show that convenient access to safe water alone can only reduce the incidence of diarrhoeal diseases by up to 15%.
- Adequate sanitation can reduce the incidence of diarrhoeal diseases by up to 40%.
- Handwashing with soap can reduce the incidence of diarrhoeal diseases by 42-46%.
- Worldwide, handwashing with soap could save a million lives each year.



**OUR Nation's Growth and Development are in OUR hands**

# WATER WEEK

**27-31 March 2006**

## Water for Growth and Development

From cooking to washing, to farming, to industry, water is vital. It takes care of us, so let's take care of it. Future generations depend on us to use water wisely.

Toll Free Number: 0800 200 200



**water & forestry**

Department:  
Water Affairs and Forestry  
REPUBLIC OF SOUTH AFRICA







## Managing our water

Water is used for drinking, washing, cooking, for growing food, trees and for gardens. Water often plays an important role in ceremonies such as baptism and coming of age. Water is an essential and necessary commodity that enables us to grow our economy. Agriculture, industry the forestry sector and the environment rely on water for development and growth.

Both *how you use the water* and *how much you use*, affect your fellow citizens. It all has to do with the flow of the river.

## Responsibility for clean safe water

According to the Constitution of South Africa everyone has the

right to have access to water, i.e. enough water to live. Part of our right to life, is the right to have water. But individuals or groups in our country cannot own water.

Our democratic government is in charge of our country's water resources. Government has to make sure that there is clean water for all of us – now and for future generations.

Polluting water reduces its quality and increases the cost to purify it. The cost of providing clean water is directly linked to the processes that water has to go through in order for it to be safe and clean. To keep down the cost of providing clean water, we all need to act responsibly and contribute towards keeping our resources clean.

## Water use that affects our quality of water

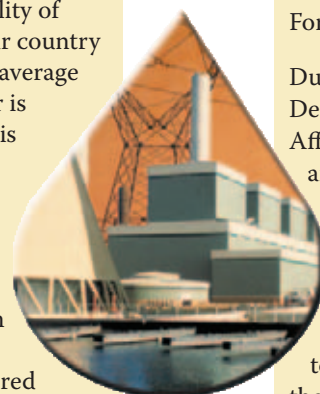
- When living in the city, ensure that you

do not pour paint and chemicals down the drain.

- Farmers must ensure that they keep toxic insecticides away from water sources and streams.
- Factories should take care of how they discharge mercury and other heavy metals into waste water.
- People living in rural areas should take care not to use the river or river bank as a toilet.

## The availability of water

South Africa is a water-scarce country and the natural availability of water across our country is uneven. Our average rainfall per year is 450mm, which is lower than the world's average of 860mm per year. Although some years it rains more than other years, we are still considered a water-scarce country. Therefore we need to do everything possible to save and conserve water.



## National Water Week 2006

The National Water Week takes place from 20 to 26 March, 2006, and ties in with Human Rights Day on 21 March, 2006.

The 4<sup>th</sup> World Water Forum is taking place during this time in Mexico City and the theme is *Local Actions for a Global Challenge*. This is a major international event and the forum has the aim of raising awareness on water issues all over the world. Our theme for National Water Week is *Water for Growth and Development*, which is one of the sub-themes of the World Water Forum.

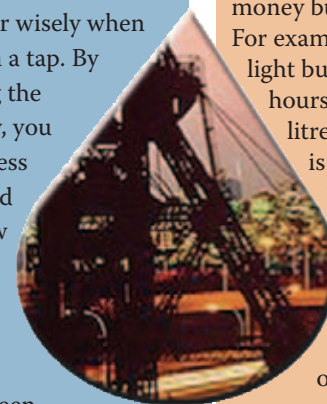
During Water Week the Department of Water Affairs and Forestry and the water sector remind the public and business to use water responsibly, to save water and to find different ways to use less water in their homes, gardens, at work, at school and in the workplace. The Department and their stakeholders hold all

sorts of interesting events during this week, from the opening of new dams to educational events at schools and communities. You are also encouraged to initiate and run water awareness events at your school, institution or in your community.

A challenge could be how do you locally make a difference to the global challenge of WATER?

## Change the flow

Use water wisely when you open a tap. By changing the tap's flow, you can use less water. Did you know that taking a bath could use between 80 and 150 litres of water? Showering could use up to 20 litres of water per minute? Using a garden hose could use as much as 30 litres of water per minute? And every time you flush the toilet, 12 litres of water is used?



## 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 used less water in your bath you could reduce your monthly water and electricity account.

## Use less electricity and save water

By using less electricity you do not only save 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 100 Watt of electricity for 12 hours. So always switch off lights if they need not be on.

How can you contribute to your and your family's health?

## Safe water

If water is from an unreliable source, such as a borehole, first filter the water through a clean cloth into a clean