



Water sanitation

action: first hand experience - walk 3km to get water

Clean water, basic toilets and good hygiene practices are essential for good health and well being and should be a minimum requirement for life in the 21st century. Today, there are around 2.4 billion people who do not use improved sanitation, and 663 million who do not have access to improved water sources.

Without these basic needs, the lives of millions of people are at risk. Globally, 829 000 people are estimated to die each year from diarrhoea as a result of unsafe drinking-water, sanitation and hand hygiene (source: WHO), and in the WHO's European Region, 14 people die every day due to diarrhoeal disease associated with poor water, sanitation and hygiene (WASH). For children under five, water- and sanitation-related diseases are one of the leading causes of death. Every day, over 800 children die from preventable diseases caused by poor water, and a lack of sanitation and hygiene (source; UNICEF).

Providing safe water and sanitation and promoting hygiene have significantly reduced the burden of disease. Water, sanitation and hygiene promotion are also essential for human dignity and economic growth.

GLOBAL CHALLENGE

Water and sanitation

Sanitation refers to public health conditions related to clean drinking water and adequate treatment and disposal of human excreta and sewage. Any recycling activities within the sanitation system must be safe and consider the nutrients in excreta and wastewater. The drinking water must not risk the health of the people.

What are the causes of poor sanitation?

Poor sanitation such as infected water source, lack of toilets or lack of soap and hygiene are linked to transmission of diseases such as cholera, diarrhoea, dysentery, hepatitis A, typhoid and polio. Poor sanitation affects health, children's education, the social and economic development of the country. Diseases cause a high risk of death so families can't earn a living.

LOCAL ACTION

Our action will be to try and experience what it is like not to have easy access to clean water. To do that we will go on a walk for 3 kilometers and at the end we will get water from a source. Then we will walk back carrying the heavy water. Our goal is to understand how important clean water is and how hard it is for people in some countries.

This action is also good because with the COVID-19, it's not going to break any of the security and hygiene rules and it is also a good opportunity to get outside during these difficult times.

EXPERT CONSULTED



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WHO.

Why is water sanitation important?

Water is a basic necessity and an important resource for sustaining life. The decline in water quality endangers the health of humans as well as the ecosystem. The plant and animal life and the cycle of the food chain are all interdependent.

Clean drinking water, hygiene, and sanitation play an important part in maintaining the health of people and the control of enteric diseases.

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