



# YOUR HEALTH

## **WATER'S WORTH IT.**

YOU NEED WATER. WATER NEEDS YOU.



# YOUR HEALTH



Water and wastewater treatment has saved millions of people – all but eliminating waterborne diseases and advancing the health of our communities. We must work together to protect our global water environment.

YOUR LIFE DEPENDS ON IT.

## THE FACTS

- You can live several weeks without food, but only a few days without water. That's because your body is 65% to 70% water – your blood and lungs (83%), brain and heart (73%), muscles and kidneys (83%), skin (65%). Even your bones are about 31% water.
- Readers of *The British Medical Journal* ranked water and wastewater treatment as the world's most important medical milestone. Antibiotics were a close second while anesthesia came in third.
- If we did nothing other than provide access to clean water and sanitation worldwide, without any other medical intervention, we could save two million lives a year.
- Early investments in clean water technologies were not only a boon to public health, but were tremendously cost effective in doing so. It is estimated that these technologies yielded an estimated USD \$23 in benefits for every USD \$1 invested.

Sources: <https://bit.ly/2LFKr14>

## SMALL ACTIONS, BIG IMPACT

- Only flush the 3Ps. Everything that goes down a pipe or storm drain ends up at your local water resource recovery facility or waterbody. Limit what you flush to (toilet) paper, pee, and poo – and responsibly dispose of, or recycle, the rest.
- Take a tour of your local water resource recovery facility to learn about water careers and the innovative ways water is managed in your community.
- Review your water/wastewater bill, ask about your community's stormwater plan, and stay informed about local, national, and global water issues.
- Invest in your local water infrastructure, become a water advocate, and volunteer for community clean-up and awareness activities.



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