YOUR HEALTH
WATER’S WORTH IT®
YOU NEED WATER. WATER NEEDS YOU.
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/2LFK614

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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www.WatersWorthIt.org
#WatersWorthIt