CATHOLIC RELIEF SERVICES

Integrated Community Water, Sanitation and Hygiene Improvement (ICOWASH) Project in Northern Ghana

Module 2:
Importance of Clean Water

Introduction

❑ Welcome to this session on the crucial importance of clean water for our health and overall well-being.

❑ We will explore the significance of clean water, learn water treatment methods, conduct hands-on demonstrations, engage in group activities, and discuss strategies to ensure the availability of safe drinking water.

Video or Interactive Presentation

❑ Begin the session with an engaging video or interactive presentation showcasing the importance of clean water for health and well-being.

❑ Highlight the impact of contaminated water on human health and emphasize the benefits of access to clean water.

❑ Start by playing a video that showcases real-life stories or case studies related to the consequences of contaminated water on communities.

❑ Include interviews with affected individuals, healthcare professionals, or experts who can share insights into the health risks associated with unclean water

Impact of Contaminated Water:

❑ Discuss the consequences of consuming contaminated water, such as waterborne diseases and their effects on human health.

❑ Emphasize the significance of waterborne diseases like diarrhea, cholera, typhoid, and hepatitis A, which are prevalent in areas with limited access to clean water.

❑ *Utilize infographics or visuals to illustrate the global impact of waterborne diseases and their toll on public health.*

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Benefits of Access to Clean Water:

❑ Shift the focus to the benefits that arise from having access to clean water.

❑ Highlight the positive impact clean water has on preventing waterborne diseases, promoting better health outcomes, and enhancing overall well-being.

❑ Share statistics or visuals that demonstrate how improved access to clean water has led to reductions in child mortality rates and improved quality of life in various communities.

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Video or Interactive Presentation – Cont.

Case Studies and Success Stories:

❑ Present case studies or success stories that showcase the transformative effects of clean water on individuals, families, and communities.

❑ Share stories of communities that have gained access to clean water sources and the subsequent improvements in their health, livelihoods, and overall development.

❑ Include before-and-after images or testimonials to provide a tangible representation of the positive changes brought about by clean water.

What is water?

❑ **Definition:**

✓ Water is a transparent, odorless, and tasteless chemical substance that covers about 71% of the Earth's surface.

✓ It exists in various forms, such as liquid, solid (ice), and gas (water vapor).

❑ **Importance of water:**

✓ Water is essential for all forms of life and is a crucial resource for various human activities and ecosystems.

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Water as a foundation of WASH:

❑ Water is the foundational component of WASH interventions and serves as the starting point for ensuring health and well-being.

❑ Importance of water in WASH:

  ✓ Access to clean and safe drinking water is essential for human health, hygiene, and sanitation practices.

  ✓ Water is a key component in maintaining proper sanitation facilities and hygiene practices.

  ✓ Water supports various WASH activities, such as handwashing, bathing, cooking, and cleaning.

Water And Human Health

❑ **Waterborne diseases:**

✓ Contaminated water can harbor harmful microorganisms and pathogens that cause waterborne diseases.

✓ Lack of access to clean water can lead to the spread of diseases such as diarrhea, cholera, typhoid, and hepatitis A.

❑ **Hydration and nutrition:**

✓ Water is vital for maintaining proper hydration, which is crucial for bodily functions and overall health.

✓ Access to clean water promotes proper nutrition by supporting food preparation and cooking.

Water And Sanitation

❑ **Sanitation facilities:**

✓ Water plays a critical role in sanitation facilities such as toilets, septic systems, and wastewater management.

✓ Proper water availability is necessary for flushing toilets, maintaining cleanliness, and preventing odors.

❑ **Safe disposal of waste:**

✓ Water is crucial for the safe disposal of human waste and preventing contamination of water sources and the environment.

Water And Hygiene

❑ **Handwashing:**

  ✓ Water is an essential component of effective handwashing practices, which are crucial for preventing the spread of diseases.

  ✓ Proper handwashing with clean water and soap can significantly reduce the transmission of germs and pathogens.

❑ **Personal hygiene:**

  ✓ Water supports personal hygiene practices such as bathing, teeth brushing, and menstrual hygiene management.

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❑ **Hands-on Demonstration:**

- ✓ Conduct a hands-on demonstration where participants learn different water treatment methods such as filtration, chlorination, or boiling.

- ✓ Provide samples for participants to practice these techniques and observe the transformation of water from contaminated to clean.

❑ **Group Activity: Water Analysis and Discussion:**

✓ Organize a group activity where participants analyze water samples for contaminants using water testing kits or discuss scenarios related to waterborne diseases and their prevention.

✓ Encourage participants to share their observations, insights, and preventive measures.

❏ **Strategies for Safe Drinking Water in Schools:**

- ✓ Facilitate a discussion on strategies to ensure the availability of safe drinking water in schools.

- ✓ Discuss the importance of regular water quality testing, maintenance of water sources, and collaboration with local authorities to ensure clean water access for students and staff.

❑ **Skits or Role-Plays:**

✓ Assign participants to create short skits or role-plays that emphasize the importance of clean water and its impact on student health and performance.

✓ Encourage creativity and highlight key messages such as hygiene practices, proper water treatment, and the importance of clean water for educational outcomes.

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Activity Sessions Conclusion

❑ Summarize the key learnings from the session, emphasizing the importance of clean water for health, well-being, and academic performance.

❑ Encourage participants to apply the knowledge gained in their daily lives and share it with others to promote the importance of clean water.

Conclusion

❑ Water is the foundation of WASH interventions, playing a central role in ensuring human health, sanitation, and hygiene.

❑ Access to clean and safe water is vital for preventing waterborne diseases, maintaining proper sanitation facilities, and promoting good hygiene practices.

❑ Let us recognize the significance of water in WASH and work towards ensuring universal access to clean water for all.