

WATER IS LIFE: WHAT ARE THE REMEDIES TO ACCESSING GOOD DRINKING WATER?

by Peris Kilel

Yes "Water for Life and Sanitation for Dignity" my daily motto.

I am a mother and we live in a region where water is so scarce, it always hustles and tussles to get clean water. And because of this I'm passionate on finding sustainable remedies to this problem.

The course of world society in the twenty-first century is likely to be substantially influenced by a single resource: drinking water. Clean water is key for a quality life. Without water, life—animal, plant, or human—cannot exist. Without water, any one of us will be subject to variables that will cause challenge and struggle to live a healthy life.

This is the reality of our lives and there are many who are forced to deal with this reality up close and personal, more so than others. Most recognize this is not new news. "Everybody knows that 80% of illnesses are linked to poor water and sanitation conditions and 10% of the global disease could be reduced through improved water supply, sanitation, and hygiene."

*"Water is an
absolute
necessity"*

Water is an absolute necessity and yet 443 million school days are lost each year due to water-related diseases; 783 million people do not have access to clean and safe water worldwide.





AVAILABILITY OF WATER

In as much as water is a basic need for every living organism, it is very scarce as compared to how much it should be available. Water is needed almost everywhere! When I wake up I need water for my face, my teeth, I need to bathe my Kids , prepare them for school , cook their breakfast , clean their clothes , mine and cleaning my house oh my! Takes lots of water. So what happens when water is unavailable? Life is hard. My hygiene is threatened. Sanitation becomes a want rather than a need due to water shortage. Purchasing water is a very expensive move yet it calls for discipline and budgeting. , polls, debates on the topic, etc.

For more than a billion people in developing countries, water is scarce and frequently contaminated, posing a health risk. In these parts of the world, contaminated drinking water along with primitive (or nonexistent) sanitation systems annually result in widespread illness and millions of deaths and who can blame them? The beauty of water is felt by anyone whether rich or poor, black or white, it does not matter! Sometimes water is regulated in a way of survival but the challenge comes with your absence at that time. You could be working when water is made available. Tough life.

LACK OF GOOD DRINKING WATER

Water and health go hand in hand. Contaminated water and poor sanitation are linked to transmission of diseases such as cholera, diarrhoea, dysentery, hepatitis A, typhoid. With these diseases death is inevitable. An estimated 11% of the world's population is without access to an improved water supply. Poverty in Africa is often caused by a lack of access to clean, safe water and proper sanitation. Lack of water kills agriculture which is Africa's strong economic investment. With the water shortage, it increases their poverty rate.

The lack of access to water let alone good drinking water can create conflicts between communities and within different communities and this is seen in Africa, India and Asia. The lack of sustainable access to water leads to uncontrolled exploitation of the resource with an environmental impact that, in some cases, may become irreversible. It is sickening to even imagine my Children not going to school simply because they have to look for clean drinking water for our home. No child should have to trade their education for looking for water.



REMEDIES TO ACCESSING GOOD DRINKING WATER

Accessing good drinking water is hard but I have to try. So, here are some of the remedies for this water problem.



- **Promote rainwater harvesting:**
We need to challenge the way that rainwater harvesting is thought of. Everyone knows about it, but its use and implementation is piecemeal and I don't see any big agencies or donors pushing it forward. Can we have a 'reinvent rainwater harvesting' challenge? We can try
- **Work with communities:**
The sustainability of water interventions is essential if we want communities to actually have better opportunities for development in the future and working together never disappoints.
- **Find a personal strategy-**
Treat your water at home for your family and ensure you have secured their health by using clean and safe water.
- **Construct better water points:**
I've been looking at water point data in various countries and the number of boreholes and wells that are reported dry or seasonal only is shocking. In places like Sierra Leone, Liberia and Tanzania, more than 15 to 20% of water points fail in the first year after construction since they are not well maintained.
- **Calculate the water available-**
This helps you understand your own use on a daily basis and near-term future demand matches with your current water usage depending on the available water supply.