

# Facts and figures

- Today, women around the world will spend a collective 200 million hours collecting water.
- As of 2019, 12% of the world population drinks water from unimproved and unsafe sources.
- It is estimated that by 2040, 1 in 4 of the world's children under 18 – some 600 million in all – will be living in areas of extremely high water stress.
- Every day, more than 800 children under age 5 die from diarrhea attributed to poor water and sanitation.
- Climate change will have its most direct impact on child survival through three direct channels: changing disease environments, greater food insecurity and threats to water and sanitation.

\*Facts and figures from United Nations International Children's Emergency Fund.



**SCALING UP PACIFIC ADAPTATION (SUPA)**



**NAURU DEPARTMENT OF CLIMATE CHANGE & NATIONAL RESILIENCE**

**WATER UNIT**



# AN GOGANADO EBOK

## WORLD WATER DAY

**22 MARCH 2021**



# What is World Water Day and why is it important ?

World Water Day is an annual UN observance day celebrated on the 22nd of March since 1993 which helps remind every individual the importance of freshwater and how we can protect our water resources.

The core focus of World Water Day is to support the achievement of Sustainable Development Goal 6 on 'Water and Sanitation' for all by 2030 and beyond.

Nauru is committed to prioritizing the challenges related to water by:

- providing equal access to clean, safe and affordable water;
- effectively managing waste and pollution that minimizes the negative impacts on our water resources and health; and
- maintaining safe use of the environment and natural resources for the current and future generations.



# Water Therapy Tips:

1. After waking up in the morning, drink 1.5 litres of water before brushing teeth.
2. Avoid eating or drinking for 45 minutes after brushing.
3. Avoid eating or drinking anything for 2 hours after each meal.
5. Old or sick people who are unable to drink 1.5 litres of water in the morning may start by taking a cup of water and gradually increase it to 1.5 litres each morning.

The following gives the number of days of treatment to help control prevalence of the listed health issue:

- 1) High Blood Pressure - 30 days
- 2) Gastric - 10 days
- 3) Diabetes - 30 days
- 4) Constipation - 10 days
- 5) Cancer - 180 days
- 6) TB - 90 days
- 7) Arthritis
- 8) Gallstones



# Drought Period



The drought period occurs between May and December. La-Nina may continue for at least 5 months, so we will be experiencing below normal rainfall during this period.



# Sources of Water



Our water sources on island are rainwater, desalinated water, groundwater, imported bottled water, and coastal sea water.

# Water Conservation



The following actions can help contribute to water conservation:

- Fix any leaks on your pipes.
- Turn off taps after use.
- Install tanks for rain water.
- Fix broken gutters