



# A GUIDE TO PROTECTION OF WATER RESOURCES AND BIODIVERSITY FOR HEALTHY LIVING



BE HEALTHY  
-BE RESPONSIBLE



Think Water,  
think Umgeni Water.

Improving Quality of Life and Enhancing Sustainable Economic Development.

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# **HANDWASHING AND GENERAL HYGIENE**

- Handwashing is core to good hygiene practices. Practice good hygiene by washing hands regularly with water and soap after going to the toilet and before handling food.
- Proper hand hygiene is the #1 way to prevent the spread of germs. So, stop the spread. Wash your hands regularly with soap and water or a sanitizer.
- Practice food hygiene. Wash hands before preparing and after handling raw food (especially meat, poultry and seafood).

# HIGH FIVE TO HAND WASHING



- Cover your mouth and nose with a flexed elbow or tissue when coughing or sneezing.
- Dispose of the used tissue immediately and wash your hands.
- Avoid touching your eyes, nose and mouth and protect yourself from infections.
- Practice social distancing and avoid crowded spaces.
- Disinfect all home surfaces, including door handles and taps, with household cleaning sprays or wipes or use a wet cloth soaked in soap and bleach.
- Ensure used tissue, disposable masks and gloves are disposed of responsibly in a bin.
- If you protect yourself, you protect others.



**COVER YOUR MOUTH AND  
NOSE WITH A FLEXED ELBOW  
OR TISSUE WHEN COUGHING  
OR SNEEZING.**

**DISPOSE OF THE USED TISSUE  
IMMEDIATELY AND WASH  
YOUR HANDS.**



# **WATER CONSERVATION**




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- Report burst pipes and water cuts to your local municipality.
- Reduce your daily usage of water.
- Recycle- Identify where you can re-use water.
- Each drop counts! Fix leaking toilets, pipes and broken taps.
- A quick shower of less than 5minutes is better than an overfilled bathtub.
- Do not rinse dishes under running water. Put the plug on or use a basin.
- Instead of using a hosepipe, sweep the yard; wash cars with a bucket.
- Start a garden and use grey water for irrigation; water plants early in the morning or late in the afternoon to prevent evaporation.
- Save water. Harvest rainwater for washing cars and yards as well as irrigation.
- Water is an important resource that supports life; paying for water is important.
- Climate Change is Real- Take care of the environment.
- Save water, water is life.



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The background image is a scenic landscape. In the foreground, there's a river flowing through a valley. A dam structure is visible in the middle ground, with a large pile of rocks or debris behind it. To the left of the dam, there's an industrial facility with several large, rectangular buildings. The sky is a vibrant blue, filled with several fluffy white clouds. The overall scene suggests a blend of nature and human-made structures.

# **BIODIVERSITY PROTECTION AND GREEN LIVING**

- Invasive alien plants are not water efficient. Remove alien trees and weeds from your garden.
- Make your garden water wise. Plant indigenous and drought tolerant plants.
- Group plants according to their water needs. Use hardy groundcover instead of lawn on slopes and shady areas to prevent soil erosion.
- Start your own food garden. Use organic mulch to suppress weeds and reduce water evaporation.
- Compost kitchen waste. Share sustainability ideas digitally through social media.

- Adopt a spot or your verge. Keep the space clean. Plant indigenous plants and trees to attract wildlife.
- Practice sustainable use of natural resources by not overharvesting indigenous trees, traditional plants and fish from lakes and wetlands.
- Do not start veld fires because they destroy natural vegetation.

**Observe the wildlife  
around you like the birds,  
butterflies and bees that  
visit your garden.  
They help with pollination  
and the dispersal of  
seeds.**



# POLLUTION



- Stop pollution of natural water resources. Organise community clean-ups of local rivers, streams and wetlands.
- Protect rivers, springs, streams, dams and wetlands from pollution by avoiding littering and sewage run-offs.
- Avoid washing clothes and cars in the rivers because the soap and oil contain chemicals that pollute water.
- Stop throwing disposable napkins in the open veld and in the streams and rivers.



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# ACTIONS FOR SUSTAINABLE LIVING



- Shop wisely by carrying your own re-usable shopping bag instead of buying plastic bags.
- Nature based activities, like gardening, will help you keep active and reconnect with nature.
- Observe the wildlife around you like the birds, butterflies and bees that visit your garden. These animals help with pollination and the dispersal of seeds.
- In your quiet time, reconnect with nature by listening to natural sounds, like water flowing, to help you relax.
- Use recycled materials to build a birdfeeder. Hang the bird feeder in your garden to attract birds.

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