

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



BE HEALTHY
-BE RESPONSIBLE



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- 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



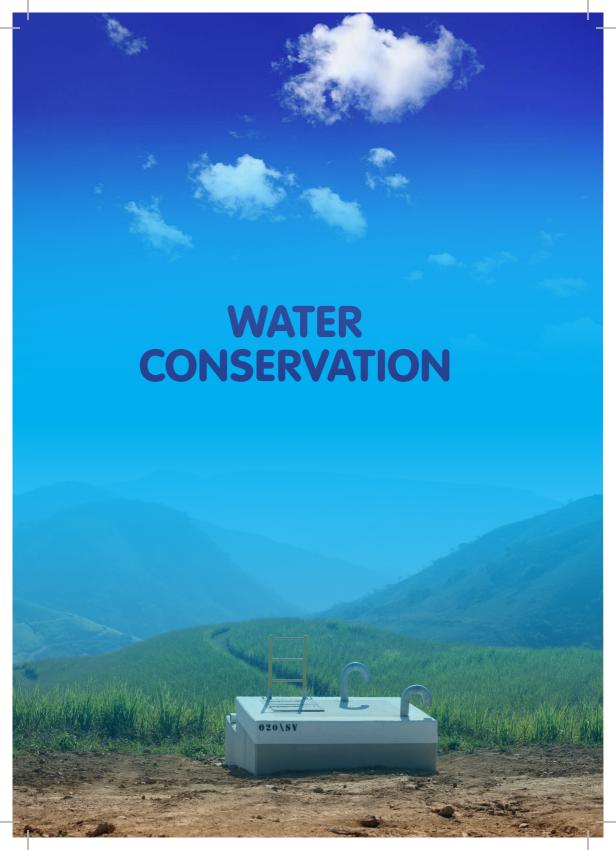
- Cover your mouth and nose with a flexed elbow or tissue when coughing or sneezing.
- Dispose of the used tissue immediately and wash your hands.
- Avoid touching your eyes, nose and mouth and protect yourself from infections.
- Practice social distancing and avoid crowded spaces.
- Disinfect all home 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.

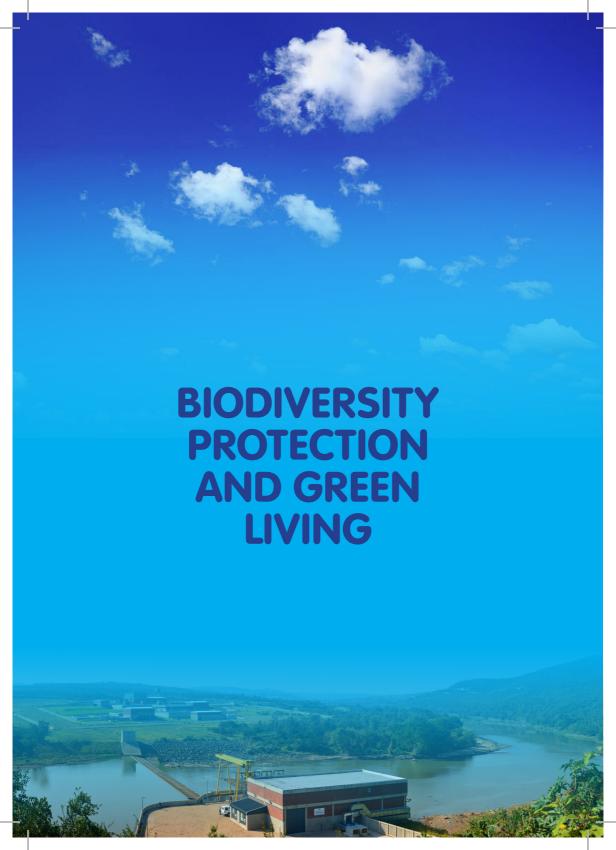




- Report burst pipes and water cuts to your local municipality.
- Reduce your daily usage of water.
- · Recycle- Identify where you can re-use water.
- Each drop counts! Fix leaking toilets, pipes and broken taps.
- A quick shower of less than 5minutes is better than an overfilled bathtub.
- Do not rinse 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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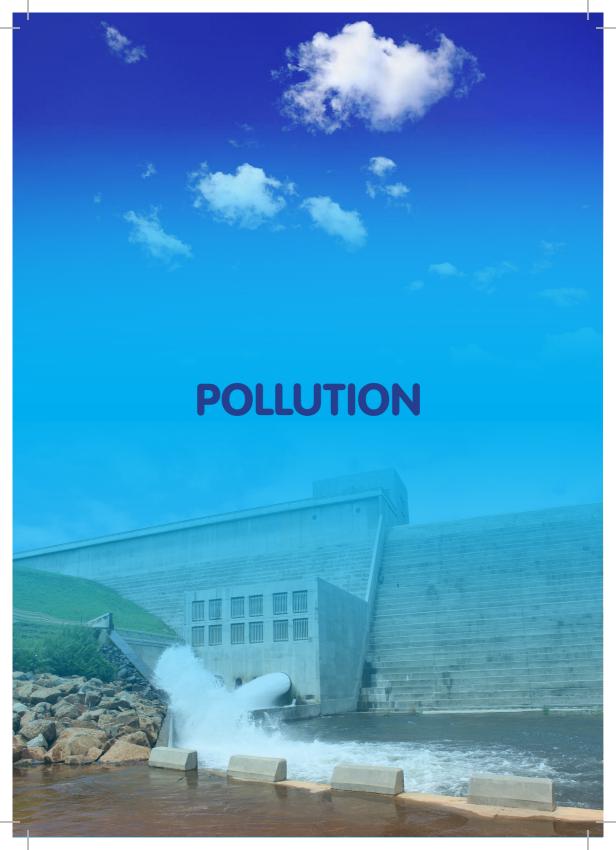
- Invasive alien plants are not water efficient.
 Remove alien trees and weeds from your garden.
- Make your garden water wise. Plant indigenous and drought tolerant plants.
- Group plants according to their water needs.
 Use hardy groundcover instead of lawn on slopes and shady areas to prevent soil 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.





- 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.

Ensure used tissue, disposable masks gloves are disposed of reponsibly in a bin.





- 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 quite 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.

Observe the wildlife around you like the birds, butterflies and bees that visit your garden.

They help with pollination and the dispersal of seeds.



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