## Clean water, toilets and good hygiene are vital for living a dignified and healthy life.

### WATER

#### DID YOU KNOW?
- Drinking contaminated water can cause waterborne diseases

#### WHAT CAN WE DO?
- Do not throw garbage in water sources such as rivers, lakes and streams
- Always boil tap water before drinking
- Use water from filtration plants responsibly

### SANITATION

#### DID YOU KNOW?
- Poor sanitation is one of the biggest causes of waterborne diseases

#### WHAT CAN WE DO?
- Discourage open defecation and urination particularly around water bodies
- Keep public washroom facilities clean
- Keep your surroundings clean
- Dispose off waste responsibly at designated sites

### HYGIENE

#### DID YOU KNOW?
- 80% of infectious diseases are transmitted by hand

#### WHAT CAN WE DO?
- Always wash your hands properly
- Adopt good personal hygiene practices such as frequent handwashing especially before eating food and after using the washroom