



Water and Sanitation Checklist



Clean water is a basic necessity for sustaining life and staying healthy. Yet 1 billion people around the world lack clean water, leading to 2 million preventable deaths every year. In the US and other parts of the developed world, we might take our access to clean water, sanitation, and hygiene education for granted. Take a day or a week to keep track of what resources you have by **checking the box of each resource you have and tallying how many times a day you use them.**

Examples:

How often do you...

- Wash your hands? Tally: **||||**

Do you have...

- ☒ Running water in your kitchen?

Do you...

- ☐ Have running water in your kitchen?
- ☐ Have running water in your bathroom?
- ☐ Have running water for clothes washing?
- ☐ Have running water for dishwashing?
- ☐ Have an outdoor tap to water your garden or wash your car?
- ☐ Have a clean toilet?
- ☐ Have reliable garbage and recycling service?
- ☐ Know how to stop the spread of germs by handwashing?
- ☐ Have soap for washing?

How many times today/this week did you...

- Drink clean water? Tally:
- Wash your hands? Tally:
- Use a clean toilet? Tally:
- Take a shower/bath? Tally:
- Wash dishes or clothes? Tally:



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Did you know?

- ◆ In sub-Saharan Africa and South Asia, the average **woman and girl spends 2-3 hours per day walking almost 4 miles to gather water, carrying almost 45 pounds!**
- ◆ The British Medical Journal recently named the toilet as the most important medical advance since 1840 for reducing disease yet **40% of the world's population live without access to a safe toilet.**
- ◆ Almost **4,000 children die every day from water-borne disease** because they lack clean water and toilets.
- ◆ Diarrheal sickness causes children to miss over **443 million school days** per year.
- ◆ In Africa, the **average household uses 12 gallons of water per day for all of their needs.** 12 gallons is the equivalent of a 7 minute shower. In the United States, the average household uses 153 gallons.
- ◆ Hygiene interventions including hygiene education and promotion of hand washing can lead to a **reduction of diarrheal cases by up to 45%.**

By supporting organizations that partner with communities to provide clean water, sanitation, and hygiene education, we can...

- ◆ Increase children's school attendance
- ◆ Decrease death and illness from diarrheal disease
- ◆ Save women time gathering water
- ◆ Reduce poverty

"For... I was thirsty and you gave me something to drink...' Then the righteous will answer him, 'Lord, when did we see you ... thirsty and give you something to drink?' The King will reply, 'I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me.'" –Matthew 25:30-34

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