

WORLD WATER HUB

WATER-RELATED DISEASES

A SIGNIFICANT THREAT TO PUBLIC HEALTH



Introduction

Water-related diseases pose a significant threat to public health, particularly in regions where access to clean water and sanitation is limited. This section will explore diseases associated with polluted water and underscores the critical importance of sanitation and hygiene in preventing these health risks.

Most Common Water-Related Diseases

Waterborne Diseases

1 Cholera

Caused by the bacteria *Vibrio cholerae*, transmitted through contaminated water and food, leading to severe diarrhea and dehydration.

2 Typhoid Fever

Caused by *Salmonella typhi*, often transmitted through contaminated water, resulted in fever, abdominal pain, and gastrointestinal issues.

Water-related Vector-borne Diseases

1 Malaria

Transmitted by mosquitoes breeding in stagnant water, causing fever, chills, and potentially severe complications.

Water-based Diseases

1 Schistosomiasis

Caused by parasitic worms (schistosomes) in freshwater, transmitted through contact with contaminated water, leading to chronic infections affecting internal organs.

2 Guinea Worm Disease

Caused by the parasite *Dracunculus medinensis*, transmitted through drinking water containing infected water fleas, resulting in painful skin ulcers.

Water-washed Diseases

1 Dysentery

Caused by bacteria, viruses, or parasites, often spread through contaminated water, leading to severe diarrhea with blood or mucus.



Ways to Promote Sanitation and Hygiene

Preventing Waterborne Diseases

Proper sanitation, including the safe disposal of human waste and the protection of water sources from contamination, is crucial for preventing waterborne diseases.

Reducing Water-washed Diseases

Promoting hygiene practices, such as regular handwashing with soap, helps reduce the transmission of water-washed diseases like dysentery.

Managing Vector-borne Diseases

Preventing the breeding of disease-carrying vectors through proper waste management and water drainage helps control vector-borne diseases like malaria.

Community Education

Public awareness campaigns on the importance of sanitation, hygiene, and safe water practices are essential for empowering communities to protect themselves from water-related diseases.

Infrastructure Development

Investment in sanitation infrastructure, including sewage treatment and safe disposal systems, is critical for preventing water pollution and associated health risks.

Summary

Water-related diseases continue to pose a significant global health challenge, particularly in areas with inadequate access to clean water and sanitation. Emphasizing the importance of sanitation and hygiene practices, along with targeted efforts in infrastructure development and community education, is crucial for breaking the cycle of waterborne illnesses and improving public health outcomes worldwide.

Learn about the most effective strategies for addressing water scarcity by becoming a member of the hub.