

**WATER AND SANITATION NEWS**

**Issue 11 e-Newsletter : April 2017**

**Theme of the Month: HEALTH, SAFETY & OUR ENVIRONMENT**

**EDITORIAL**

Our theme for the month of April is "Health, Safety & Our Environment; this was derived based on the primary focus of majority of the Global observance days fixed in April, some of which include: Mother Earth day, World Malaria day, World Health day, World day for safety and Health at work.

This edition of the PHWC Water and Sanitation News focuses on drawing your attention to the health and safety challenges closely linked to improper sanitation practices and the absence of safe water. It is our belief that health challenges cannot be overcome without tackling water and sanitation issues. Based on this belief, we seek to educate as many as we can reach being acutely aware of the widespread ignorance of the implications of drinking untreated water and engaging in improper disposal of wastewater.

We expect that as you become informed, you will in turn inform others and through this education, we will be one step closer to achieving our goal of clean water and adequate sanitation for all. We wish you good health! — EDITOR

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**PHWC SERVICES**

- Drinking water supply
- Bulk water delivery
- Water Quality testing & Treatment
- Wastewater Treatment



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**Quality is our Goal**

**INTERVIEW**



84%

**Water Quality and Quality of Health** By Dateme Amachree

**Kindly introduce yourself**

I am Dr Ibinabo Membere. Department of Internal Medicine, UPTH

**What are water borne diseases?**

Water borne diseases are illnesses caused by using (commonly drinking) water which contains pathogenic/disease causing micro organisms. This is usually from contamination of water with human or animal faeces

**How much contact have you had with water borne diseases in the last one year?**

We have seen a good number of these water borne diseases in the past year, though I must say that these cases are highly under reported. There have been several cases of vomiting and diarrhoea more commonly from rural areas some even needing hospital admissions, all linked to the use of contaminated water or unavailability of potable water.

**In your opinion is there a direct link between water quality and quality health/ life?**

Yes there is. For example one of the measures of the health care status and quality of life of a nation according to WHO is their infant

mortality rate. Nigeria is ranked low due to our high infant mortality. Diarrhoeal diseases accounts for a significant number of these deaths and you will agree with me that just the provision of safe water can go a long way in reducing the incidence of these deaths.

**What precautions can be taken to prevent them?**

Prevention of water borne diseases would be best achieved by collaborative efforts between government MDA's on health and environment with the general public. There should be provision of accessible clean and potable water for human consumption. There should be awareness programmes aimed at promoting good personal, household and community hygiene so as to prevent contamination of water as well as spread of these diseases.

**In your professional opinion as a doctor what impact would water testing and waste water treatment have in the reduction/elimination of water borne diseases?**

Oh...it would make a huge impact. Water testing would ensure that water being used by households and the communities at large are safe for consumption and free of pathogens while waste water treatment would ensure that common contaminants of water are eliminated. When these two factors are dealt with there would be a significant drop in the occurrence of water borne diseases

**What is your advise to people, especially mothers with babies to actively do in the prevention of water borne diseases at home and schools?**

I would advocate proper and sanitary disposal of faeces and household wastes. Proper hand washing before breastfeeding, preparation of all meals or before handling anything that goes into their mouths. Also boiling of water used for preparation of feeds for the baby, proper cooking of meals and prompt medical seeking behaviour when symptoms suggestive of diarrhoea or other water borne diseases are noticed.



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**TESTIMONIALS**



**Favour Adiseph**

Illegal dumping of sewage is very harmful to the environment. It has been known to affect the ecosystem thereby increasing flooding as a result to blocked drainage, increase in sickness such as Malaria, cholera and dysentery, etc. I treat malaria every other month because of this.

Water Quality in my area is usually very poor and this has resulted in treating of different water related issues in my house hold. The water quality seems to be difficult to improve because of the sources of water and the dumping of human sewage to the environment.



**Gift Onyesoh**



**Edward Lawson**

Drinking of untreated water has been a serious challenge especially for Typhoid prone people like me. I think something needs be done about the quality of water that buy from these water vendors and drink.

I have had to treat for typhoid on different occasions because of poor water quality. The so called bottle water are not even safe for drinking because they are gotten from untreated sources, packaged and sold to people to drink.



**Bereni Burubo**

**6 Reasons To Test Your Water**

1. For Health and Safety of loved ones
2. To avoid infectious disease outbreaks through your water source e.g. Cholera, Typhoid, Diarrhea
3. To protect our aquatic ecosystems
4. To identify harmful components present in order to adequately treat the water
5. Many pollutants found in private water systems have no obvious symptoms and can only be detected through laboratory testing
6. To protect your reputation (corporate or personal)



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*Quality is our Goal*

## FEATURES



### SAFE WATER, SAFE HEALTH By Chris Chinedum

Potable water can be defined as water that has been tested for harmful and potentially harmful substances and has met or exceeded drinking water quality standards set by the governing bodies, in our case the WHO standards and the Nigerian Standards for Drinking water Quality (NSDWQ).

In recent times, there has been a lot of focus on accessibility to potable water, so much that it was one of

the millennium development goals( MDGs) and is presently one of the key points of the Sustainable development goals (SDGs). Research and Study Statistics have further buttressed the impact of the unavailability of safe water for the populace, with an estimated **3.4 million deaths annually** worldwide (WHO), and about **4,500 children dying daily** as a result of waterborne diseases. In Nigeria, about 57 million people lack access to safe water; **130 million people do not have access** to improved sanitation and about **45,000 children die of diarrhea** alone annually (WaterAid Nigeria). These figures make waterborne diseases the leading cause of deaths worldwide more than HIV-AIDS, malaria, and tuberculosis combined, with the developing countries the worst hit by this situation mostly due to poor hygiene and sanitation practices.

Ironically, water makes up about 71% of our planet and so should be the least of the world's problems, however, this is not the case. This is because there is a difference between 'water' and 'safe water'. Out of the 71% of water in our planet, only about 2% is fresh water (less than 1% percent salinity), but this does not necessarily make all fresh water, "safe" for consumption as there are certain standards water has to reach to be considered safe for consumption.

We can proudly state that the Port Harcourt Water Corporation Water Quality Laboratory has the capacity to carry out twenty five different analytical tests (Parameters). These tests could be classified basically into three categories;

- Pathological Tests
- Physical Tests
- Chemical Parameters

To be continued.....

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**FEATURES**



**WHY A NEW WATER DECADE** By Helen Hosea

Water is a very useful medium, in which global challenges can be solved, it is crucial in all aspects of socio-economic development. Globally, better access to drinking water has helped to improve health, reduce poverty and advance sustainable development. Water scarcity affects millions of people, and intensifying more pressure on the resources are rapid urbanization, population growth, climate change and more water- intense consumption. Subsequently, if the world remains silent and continues on this part, there will be a deficit of 40% in water availability by 2030.

To tackle this problem, The United Nations General Assembly adopted the new water decade 'International Decade [2018- 2028] for Action- Water for Sustainable Development'. The new Decade will focus on sustainable development and integrated management of water resources in order to achieve social, economic and environmental objectives, implement and promote related programs and projects for global development.

PHWC is committed to actualizing this global objective for the people of Port Harcourt and Obio/Akpor, Nigeria.

**DO YOU KNOW?** By Daisy Davies



Amoebic meningitis occurs in contaminated water, active amoeba can go through the nose and then make their way up to the brain through the nerves. Children and young adults are more usually the most susceptible to the infection though any age can be infected.

You can get amoebic meningitis from the following sources

- Untreated fresh water, tap water or borehole water
- Warm inland water such as dams, lakes, geothermal water or water holes, even if the water looks clean
- Water piped above ground for long distances without proper treatment
- Water heaters with temperature less than 116F
- Household water tanks/private water supply. For private water supplies water filters or ultra violet treatment systems will not be enough to make the water safe
- Garden hoses and sprinklers containing warm or stagnant water

**SAFETY TIPS**

- Avoid water related activities in warm freshwater during high water temperature and low water levels
- Hold the nose shut or use nose clips when taking part in water related activities in bodies of warm fresh water
- Minimize digging in, or stirring up the sediment while taking part in water related activities in shallow warm fresh water



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**Health, Safety & Environment Practice in PHWC**

By **Fiberesima Dennisada**



*"Be kind to your body; eye on safety, work safely and most importantly drink safe water."  
— Tokuala Chuku, Health, Safety & Environment Officer PHWC*

Port-Harcourt Water Corporation is committed to achieving a Safe, Healthy, and stable environment in compliance with International standards; we believe there is always a link between a safe environment and quality of product. Our potable water is provided to meet the standard of both national and international health organizations; this means it poses no threat to the health and safety of all consumers as well as the environment.

Our safety policy is established in accordance with the guidelines of the National Council for Occupational Safety and Health, environmental laws, waste management laws, international codes and standards. Some of

our HSE functions include providing and securing the Safety, Health and Welfare of persons at work, for protecting others against risks to Safety or Health in connection with activities of persons at work and ensuring safe handling and use of hazardous substances and chemicals.

We implore the public to imbibe this Health Safety and Environment consciousness and avoid all actions which are detrimental to the environment because any harm to the environment will mean a threat to our health and safety.

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**CORPORATE NEWS**



PHWC Landscaping unit embarked on a rigorous training to improve their ability to keep the PHWC premises in perfect condition. The training began with an online presentation and ended with a series of study tours to Polo club, Sea lords Gulf course and Naval Base, Iwofe.

The landscapers were taught various techniques as well as equipment operation and maintenance.

PHWC is committed to the capacity development of all staff in order to achieve professional status in their respective fields.

**PHWC LANDSCAPERS EMBARKS ON STUDY TOUR**



**PHWC BEGINS STAFF LESSON SHARING**

A series of sessions were organised for all PHWC staff who have been opportune to participate in diverse local and international trainings. The sessions began on the 3rd of April, 2017 and are expected to round off by the 5th of May, 2017. Training participants utilised the medium to teach their colleagues whatever they learnt while on training.

The purpose of the sessions is to ensure that knowledge gained is stepped down thereby making it more useful to PHWC. It is also expected that by teaching

**COMMUNICATION TRAINING**

The PHWC Communication Department was trained on Crisis Communication by Mr Christian Maduka, a Communication Expert working as a Project Management Consultant for the Port Harcourt Water Supply and Sanitation Project for four days from Monday 24th—Thursday 27th April 2018. In attendance were the frontline staff of PHWC including the Public Relations Officer, Customer Care office, Front Desk officer, Community Relations officer and other members of the Editorial Board. The training imparted prac-



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**Testimonials on AfDB & PHWC Graduate Trainee Scheme**



**Ebere Olumati**

I am Ebere Martins Olumati, a graduate of Applied Geophysics from the Rivers state University. Being a graduate intern under the African Development Bank (AfDB) and Port-Harcourt Water Corporation (PHWC) Graduate trainee scheme has really exposed and improved me in several ways of my life and career. The experience and capacity development I have acquired in my time here are as follows;

- The use of Microsoft PowerPoint for presentation and Qualitative information reporting.
- Training on Project description and implementation.
- Capacity building on Monitoring and Evaluation (M&E).
- Understanding the operational processes of the Water Utility and Wastewater Treatment Plant and How to carry out Enumeration exercise.

I sincerely appreciate the opportunity given to me by AfDB and PHWC, I wish for the continuous growth and expansion of the Corporation.

My name is Felix Amadi, a Marine Engineering graduate of the Rivers state University. I am a graduate intern under the African Development Bank (AfDB) and Port-Harcourt Water Corporation (PHWC) Graduate trainee scheme assigned to the Projects and Planning department; in my time working at PHWC, I have gained work experience and capacity development in the following areas:

- Qualitative information reporting and presentation and Good working etiquette.
- Capacity training on strategic context of a project and project description.
- Capacity training on monitoring and evaluation (M&E).
- Use of Microsoft PowerPoint and Excel.
- Understanding operation of a water utility and a Wastewater Treatment Plant.

In all, I just sincerely appreciate AfDB and the management of PHWC for giving me the opportunity to learn and to serve.



**Felix Amadi**



**Prince Anokwuru**

My name is Prince Anokwuru, I have been a Finance department intern under the African Development Bank (AfDB) and Port-Harcourt Water Corporation (PHWC) Graduate trainee scheme for about two and the half months. Honestly, the environment has being so exciting, friendly and I have engaged in daily activities such as;

- Ensuring that all receipts are banked promptly.
- Review all supporting documentations for authorization and completeness.
- Updating the payment/transfer instruments issued register.
- Assisting in preparing disbursement requests/withdrawal applications.
- Taking custody of book of payment vouchers.
- Filing all accounting records promptly and in orderly fashion.

These activities have impacted my skill base and exposed me in my accounting field, they have also shown me my weaknesses and where to improve on. I really appreciate AfDB and PHWC for selecting me.