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Essay SDG #14 Life Below Water

## **Life below water**

The Sustainable Development Goals know has the “Global Goals” are actions to protect the world, end poverty and to reach the peace and prosperity in 2030. For this final project I decided to adapt the idea of “Life below water” here in Puerto Rico. The idea of Life below water can be treated in the world reducing marine pollution, protecting and restoring the Ecosystems, end the overfishing and in this case reduce the use of plastics and save the animals that live in the ocean. And you may ask, why protect the ocean is so important? Well basically the Oceans cover three quarters of the Earth’s surface, contain 97% of the Earth’s water, and represent 99 per cent of the living space on the planet by volume. The ocean gives us food, energy, and water.

A study published in 2017 estimated between 1.15 to 2.41 million tons of plastic enters the oceans via rivers annually. According to Plastic Ocean, 300 million tons of plastic is produced globally every year. Half of that plastic is used for disposable items that will only be used once. The Plastic that reaches the ocean its very dangerous for the sea animals. The plastic has been found in more than 60% of all seabirds and in 100% of sea turtles species, that mistake plastic for food. For example, the plastic bag, sea turtles confused them as jellyfishes. Plastic is the most dangerous item that appear in the ocean but there are few more like: soda cans, industries deposit and garbage.

How does contamination affect us? You may be wondering; well it doesn’t just affect the water but also humanity. Over the last decade, we have produced more plastic than we have in the last 100 years. Plastic kills fish, birds, marine mammals, and sea turtles destroys habitats and even affects animals’ mating rituals, which can have devastating consequences and can wipe out entire species. In the other it affects humanity by our supplies of water we can get sick by drinking it. Because this type of water has strong chemical that affect our health. And some chemicals that this water contain are: Pesticides that can damage the nervous system and cause cancer because of the carbonates and organophosphates that they contain. Chlorides can cause reproductive and endocrinal damage. Nitrates are especially dangerous to babies that drink formula milk. It restricts the amount of oxygen in the brain and cause the “blue baby” syndrome. Lead it can accumulate in the body and damage the central nervous system. Arsenic that causes liver damage, skin cancer and vascular diseases. Fluorides in excessive amounts can make your teeth yellow and cause damage to the spinal cord. Petrochemicals that even with very low exposure, can cause cancer. There might be few mores, but this are the more seen on when they affect the human body.

In this contaminate water chemicals are not the only sustain that we can find. Also, it carried around some diseases. For example: What happen when we drink this polluted water? The first

thing that happen to us is that we get a stomachache. But is not the only disease that this water contains the others are: Typhoid, Cholera, Paratyphoid Fever, Dysentery, Jaundice, Amoebiasis and Malaria. Those are the disease that polluted water contains in it. How can we stop this? You may ask. The answer to this problem is not complicate. First, we need to start by recycling. Every time we go to the beach, the river or any water corpse lets pick up all the bottles and trash we used. That's one step to keep the are safe for other animals that live there or nearby. Also, we should stop using plastic container for the water and used metal cups like the famous "termos". In addition, we can help by joining organizations that help cleaning up the beaches. At last spread all the info you know to the world so they rethink it and have a healthy ocean were everyone can enjoy and relax.

In conclusion, we should take care of our mother nature and specially the ocean. Because thanks to the ocean we have water, energy, and life. And without our water running around clean we might kill all the creatures and even kill ourselves. Before we throw a bottle to the ground or we see trash in the ocean just pick it up and throw it in the nearest trash can and if there no near trash can take it with you and deposit it when you see one. Because having our ocean clean will keep us safe from all bad thing that could happen to us and the animals. Like disease and problems in our system. Doing all these you will see it will pay off and you will have a healthy life.