

Jamison: Patient Education and Wellness

HANDOUT 20.5: WATER SAFETY

Tips for reducing risk from unsafe water:

- ☐ If available, use safe bottled or treated water
- ☐ If unsafe water is cloudy, filter through a clean cloth and/or allow water to settle and draw off the clear water prior to treating by one of the following methods:
 - ☐ Boiling for 1 minute. Pouring boiled water back and forth from one clean container to another and allowing it to stand for a few hours aerates the water and counteracts the flat taste. A pinch of salt for each quart or litre of boiled water also helps.
 - ☐ Disinfect water using either:
 - 8 drops of unscented, liquid household bleach per gallon (4 litres) of water
 - 10 drops of 1% chlorine per quart/litre
 - 5–10 drops of 2% tincture of iodine per quart/litre of water

Allow disinfected water to stand for at least 30 minutes before use

Only use safe/treated water for drinking, brushing teeth, making ice and washing uncooked fruit or vegetables

See <http://www.epa.gov/OGWDW/faq/emerg.html>

Fluoridation <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm4841a1.htm>