



make your water safe

PREVENTING WATER-BORNE DISEASES


Preserve life! Make sure you're using and drinking safe water!

Promoting awareness and education about water-borne diseases and their prevention is a crucial step in improving public health. This section discusses steps you can take in order to keep our water clean and safe.

Prevention Tips


- Maintain proper hygiene. Always wash your hands with soap and water after using the bathroom. Refrain from drinking from containers that belong to other people.
- Keep animals and fecal matter away from drinking water.



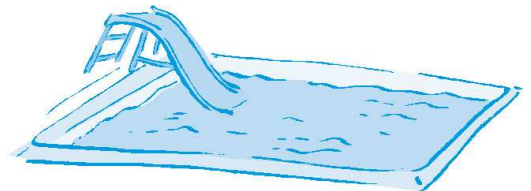
-  If you are traveling and bottled water is not available, heat local water to a rolling boil for at least three minutes.

- Treat and disinfect water used for drinking, cooking and bathing. If you cannot heat the water or use a filter, you can also chemically treat the water using chlorine or iodine.
- Never drink water from unsafe sources such as shallow wells, lakes, rivers, springs, ponds, springs or streams.



-  When eating out, check if your restaurant is serving treated and/or filtered ice and/or service water. If not, order bottled water instead.

- When in public or recreational water sources (e.g. swimming pools, beaches), avoid swallowing water.



Source: <http://www.irc.nl> (How to Promote Measures to Prevent Water-Borne Diseases)