

Safe Drinking Water

Clean drinking water is important because it helps keep our bodies healthy and working properly. Unclean water can cause stomach pain, diarrhea, and other diseases.

Check your water supply to see if it is clean and safe to drink. If it's not, here are some things you can do to make sure you have safe water:



ASK OTHERS

- Community and Church leaders can help you find safe water.



PURIFY WATER

- You can purify water by boiling, filtering, disinfecting, or evaporating.
- You can also collect clean rainwater or use solar purification.



USE SAFE BOTTLED WATER

- Bottled water is usually safe if the seal on the lid has not been broken.
- Bottled water is unsafe if the bottle has been refilled with unclean water.



USE SAFE WELL WATER

Well water is usually safe if the well:

- Is deep, covered, and cleaned often.
- Does not have any damage or leaks.



STORE WATER SAFELY

- Use clean containers with a lid that can close tightly.
- Don't store water in sunlight.



USE CLEAN WATER FOR EVERYTHING THAT ENTERS YOUR BODY OR TOUCHES YOUR FOOD

- Brushing teeth
- Making juice or infant formula
- Washing food or dishes



SEE A DOCTOR

If you think your drinking water is making you sick, see a doctor.

