


Safe Drinking Water

Safe drinking water is an essential part of good health and nutrition. Our goal as leaders is to help children and families find and use safe water.

KEY POINTS

- **Drinking clean water helps with nutrition and keeps our bodies healthy and working properly.** Our bodies need water for everything we do. But not all water is safe for drinking.
 - **Unclean water can cause disease.** Unclean water can contain dirt and germs that we can't see with our eyes. It can cause diarrhea, dehydration, and stomach pain. It can also cause diseases (such as cholera, hepatitis B, typhoid fever, and polio) that can sometimes lead to death.
 - **Unclean water can come from unclean sources or from storing clean water improperly.** Clean water can become unclean if it is kept in unsanitary containers or if it is not stored properly.
 - **Clean water should be used for everything that goes into our mouth or touches our food.** We should use clean water for brushing teeth, making infant formula or juice, washing fruits and vegetables, and washing dishes.
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- A circular inset image on the right side of the page shows a young girl with dark skin and braided hair, wearing a red and white checkered shirt. She is holding a clear glass to her lips and drinking water. In the background, a blue water tap with a red ribbon tied around its handle is visible against a light blue wall.



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



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.



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- 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.



Safe Drinking Water Handout

Share this handout with members of your stake and ward. It provides useful information and suggestions for families.

Questions to Prayerfully Consider

- In my area, which families might not have safe drinking water? Is this a widespread problem?
- What are the best ways to teach members in my area about the importance of clean water?
- Where can families in my area find clean water?
- What government, nonprofit, and Church resources are available to help with safe drinking water?



Inspiration from the Scriptures

When Moses and the children of Israel were wandering in the desert, the Lord helped them find clean water (Exodus 15:22–27). The Lord cares about our well-being and will help us find safe, clean water.

WHAT CAN WE DO?

Consider these ideas and others as you counsel together and pray for guidance.

Leaders

- **Address immediate needs and look for long-term solutions.** If a family is unable to access clean water, consider how to help with immediate needs. Also work with them to find long-term solutions.
- **Identify or develop sources of clean water.** Work with community leaders to identify or develop sources of clean water. Let families know about these sources.
- **Teach members how to purify and store water.** For example, you could hold a Relief Society meeting where you share practical methods for purifying water and storing clean water properly.

Ministering Brothers and Sisters

- Learn about and share sources of clean water and methods for treating water.
- If a home environment shows signs of unsafe drinking water, counsel with the family about ways to improve their situation. Be understanding and not judgmental. Listen to understand the challenges the parents may be facing.
- Counsel with the Relief Society or elders quorum about ways you can help.

LEARN MORE

Learn more about safe drinking water and other ways to improve child nutrition: ChildNutrition.ChurchofJesusChrist.org

