

# 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:**



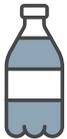
## ASK OTHERS

- 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.

