WATER SAFETY GUIDELINES

When your immune system is low, the water you use to drink, cook, and brush your teeth needs to be safe. Use the water safety guidelines below for cooking and drinking.

Tap Water
Water from your home faucet is safe if your water is from a city water supply or a municipal well.

Private Well Water
Well water from private or small community wells is not safe unless it is tested daily and found to have no coliforms and Cryptosporidium organisms.

Bottled Water
Bottled water is safe if it has been processed to remove harmful organisms. This can be done by treatment with one or more of the following: reverse osmosis, distillation, and/or filtered through an absolute 1 micron or smaller filter.

Bottled water labels reading “well water”, “artesian well water”, “spring water”, or “mineral water” do not mean that it is safe to drink.

Read the label to find out if the water has gone through one of the above treatments. Contact the International Bottled Water Association (IBWA) at 1-800-928-3711 or visit their web site at www.bottledwater.org for more information.

Water Filters
Purchase only those filters certified by NSF International (www.NSF.org or 1-800-673-8010) using the following guidelines:

- Removes coliforms and Cryptosporidium.
- Meets NSF Standard #53 for cyst removal.
- Removes particles of absolute pore size 1 micron or smaller.
- Installed directly before the water tap and used only with a safe water supply.

Portable water filters (Brita® or Pur® system) and refrigerator-dispensed water or ice machines do not meet standards for removal of bacteria.

Follow manufacturers’ guidelines and change system filters frequently.

Other Safe Water Sources

- **Boiled Water**
  - Heat water at a rolling boil for 1 minute.
  - When boiled water has cooled, place water in a clean bottle or pitcher with a lid and refrigerate.

- **Distilled Water**
  - Water may be distilled using a steam distillation system.
  - After processing, place water in a clean bottle or pitcher with a lid and refrigerate.

Boiled or distilled water may be used for drinking, cooking, or making ice. Water bottles and ice trays should be cleaned with soap and water before each use. Discard any unused water after 3 days.