



Helping Mississippians live happier, healthier lives!

WATER SAFETY

In the event of a water emergency, it is important to:

- stay hydrated by drinking bottled water or water that has been boiled for one minute.
- cook, wash fruits and vegetables, and brush teeth with bottled water or water that has been boiled.
- use tap water for bathing, handwashing, washing clothes, and flushing toilets.
- monitor updated information provided by local authorities through their social media outlets regarding the water situation as new information is available.



IMPORTANCE OF HYDRATION

- Stay hydrated by drinking bottled or boiled water after it has cooled.
- How to make water safe to drink:
 - Boil water for one minute. Water must be bubbling the entire time.
 - Start counting to 60 when the water comes to a rapid rolling boil. Let the water cool before drinking or storing it in a container.



- For additional fluid needs, and to stay hydrated, eat fruits and vegetables (canned, fresh, or frozen) and frozen fruit pops.
- Watch for signs of dehydration:
 - Sluggishness, dizziness, headache, and feelings of thirst.
 - If you feel thirsty, you are already dehydrated. If you experience any of these signals, make sure you drink bottled water immediately.

STORING WATER FOR DRINKING

- Store a minimum of one gallon of clean water per person per day for drinking and cooking.
- Clean, food-grade plastic or glass containers are good for storing water. They need to be clean.
- Food-grade containers are store-bought plastic or glass containers that previously held food or beverages. Examples include 2-liter soda bottles and water, juice, and punch bottles.
- Make sure your container is cleaned and ready to store water before you need it. Wash the container with hot, soapy water. Rinse the soapy container well with plain water.
- Write “drinking water” on the container with the current date.
- Store tightly capped containers in a cool, dry place away from direct sunlight.

- To learn more, visit HappyHealthy.MS and click on Tips and Videos.
 - How to: Choose Water
 - How to: Handwashing





HELPFUL TIPS FOR WATER SAFETY

- ▶ Frequently wash your hands with soap and tap water.
- ▶ Breastfeed or use ready-made baby formula. If you use water to make formula, use bottled water until officials say your water is safe to drink.
- ▶ Bathe with tap water, being careful no water gets in your eyes, nose, and mouth.
- ▶ Watch children while they bathe to make sure they don't drink the water.
- ▶ Brush your teeth with bottled water or water that has been boiled.
- ▶ Avoid soft drinks and coffee as they may cause dehydration.
- ▶ Minimize the amount of water you need by reducing activity and staying cool.
- ▶ Wash laundry as usual. All water temperatures are safe to use.
- ▶ For pets, use bottled water or water that has been boiled.
- ▶ Discard any ice made during the boil water notice.
- ▶ Wash fruits and vegetables in water that has been boiled for a minute and has cooled.
- ▶ Use disposable plates, cups, and utensils to reduce the need to wash dishes.

**IN CASE
OF A BOIL
WATER
NOTICE:**

Current boil water notices are available on the Mississippi State Department of Health's website:

<https://msdh.ms.gov/page/23,0,148.html>

For more information from Mississippi State University Extension:

<https://extension.msstate.edu/blogs/extension-for-real-life/what-do-under-boil-water-notice>



**MISSISSIPPI STATE UNIVERSITY™
EXTENSION**

Publication 3848 (POD-02-26)

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Work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

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Extension Service of Mississippi State University, cooperating with U.S. Department of Agriculture. Published in furtherance of Acts of Congress, May 8 and June 30, 1914. ANGUS L. CATCHOT JR., Director