

Save water during water shortage

AND STAY HEALTHY

Kia ora koutou katoa Talofa Kia orana Kakalofa atu Taloha ni Bula Taloha kotou Malo e lelei Hello

Use Drinking Water*

- for cooking food
- in a bowl, for washing fruit or vegetables
- in your own cup, for cleaning teeth
- hot, for washing dishes
- hot, for washing hands
 - before food preparation
 - after using the toilet
 - after changing baby
 - after activities like gardening

We all need to drink at least eight cups of fluid a day
DON'T share handwashing water

* If you are unsure if your water is safe to drink, check with your local council that it complies with the drinking water standards for New Zealand.



Use the shower...

- every second day is OK – you can wash on the other day

Using the toilet...

- flush after a bowel motion
- close the lid after urinating, but no need to flush



Other Water Supplies

eg. rainwater, bore water – these may not be safe for drinking in city areas – river, lake or swimming pool water can be used for

- washing clothes
- washing floors
- watering plants
- cleaning cars
- pouring into toilet to flush

DO NOT USE FOR drinking...brushing teeth...washing dishes



Baby Care...

- continue to sterilise bottles etc
- keep on washing nappies in the usual way
- if bathing baby every second day, wash face, ears, hands, bottom on the other day

Schools - Marae - Rest Homes - Childcare - etc

Continue to...

- use dishwashers and washing machines
 - use new water each time for handwashing...don't share water
 - follow the hygiene practices as set out for your institution
- DON'T RISK SICKNESS** by taking short cuts where groups of people are gathered



Further Advice

Public health staff are available to give advice on safe ways of saving water. Contact a health protection officer at the public health unit of your local District Health Board (DHB) or the environmental health officer at your local council.



MANATŪ HAUORA