

Kia ora koutou katoa • Tālofa lava  
Kia orāna • Fakaalofa lahi atu  
Tāloha ni • Ni sa bula  
Mālō e lelei • Hello

# Saving water during water shortage while staying healthy

## Drinking water\*

We all need to drink at least eight cups of fluid a day. In addition, 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.

**Don't share handwashing water.**

## Using the shower

- + every second day is OK – you can wash on the other day
- + limit time in the shower, eg, four minutes.

## Using the toilet

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

## Other water supplies

Rainwater, bore water, etc – in areas with treated town supply, these may not be safe for drinking. 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 or washing dishes.**

*\* If you're not sure whether your water is safe to drink, check with your local council that it complies with the drinking water standards for New Zealand.*

## 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
- + continue to use new water each time for handwashing ... don't share water
- + follow the hygiene practices as set out for your institution.

**Where groups of people are gathered, don't risk sickness by taking short cuts!**

## 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.

This resource is available from [www.healthed.govt.nz](http://www.healthed.govt.nz) or the Authorised Provider at your local DHB.

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