

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

* 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.



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

Use the shower...

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

eg. rainwater, bore water – these may not be safe for drinking in areas with treated town supply – 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.

New Zealand Government



MANATŪ HAUORA