



Water

Water Ration:

Per person 2 - 4 quarts (1 gal) drinking water per day (Generally, 1 gallon per adult per day. This is in addition to water for cooking, or washing.)

Especially in times of disaster, assume any water not stored or purchased is contaminated.

Water Purification:

- Drain long-standing pipes for 30 seconds to 1 minute before drinking.



- Boil vigorously** (full rolling boil) for 5 to 10 minutes in a covered pot.

- Prepare a clean container** that has **not** had milk or fruit juice in it. (Milk protein and fruit sugars remain in the container and can fuel bacterial growth when water is stored). Use soap & water, then 1 tsp bleach per gallon of water to disinfect. Make sure the bleach and water solution touches all parts of the container. Rinse with water.

- Let boiled water stand** for at least 30 minutes after boiling, to settle any particles present in the water.

- Filter out particles** with layers of clean cloth, a coffee filter or fine paper towels.

- Pour the filtered water into the clean container. Be careful not to touch the inside or neck or lid of the clean container as you seal it.



- Add unscented Bleach:**

2 drops of Regular Clorox Bleach per quart of water
8 drops of Regular Clorox Bleach per gallon of water

1/2 teaspoon Regular Clorox Bleach per five gallons of water

If water is cloudy, double the recommended dosages of Clorox Bleach.

Mix well. Wait 30 min. Water should have a slight bleach odor. If not, repeat dose. Wait 15 min. Sniff again.

- Store water in a cool, dark place.

Other methods:



Stabilized Oxygen:

Reportedly better than iodine and chlorine because it is not harmful over time, has no taste, and has numerous health benefits.



Purification Tablets:

These tablets are either iodine or chlorine based. One or two tablets will purify one quart or one liter of water depending on contamination of water and length of time allowed for treated water to stand. Follow instructions on the package. (Note: While economical and convenient,

not every brand of purification tablet kills Giardia.)



Iodine will help, but is no longer recommended because it has no effect on Giardia.

Distilled Water:

If the container is sterile, it is probably fine, but minimize risk by adding 1 drop chlorine bleach per gallon.



Wine-treated water

Since ancient times, in countries like Israel, Rome and (more recently) France, water was too polluted to drink untreated.

By mixing 1 part red wine to 3 parts water, purification was achieved 3 to 4 times more effective than pure alcohol or tequila. (The effective ingredient is believed to be phenol compounds -- from the wine casks -- related to sulfur drugs previously used in basic antibiotics. **Do not assume this method kills Giardia and Cryptosporidia, etc.** View this treatment as secondary measures only.