

Water Purification Methods



港口衛生旅遊健康中心
Port Health Travel Health Centre

Risks from drink

1 Water pollution is usually caused by human and animal excrement.



2 Most package tours are arranged to hotels where clean tap water is available but special care should still be taken when drinking out.

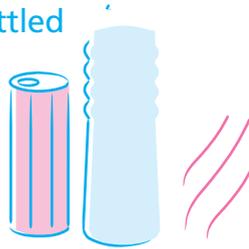
3 Among the more common infections that travellers may acquire from contaminated water are shigellosis, salmonellosis, campylobacteriosis, amoebic dysentery, giardiasis, cryptosporidiosis, typhoid fever, cholera, infections caused by *Escherichia coli*, hepatitis A, rotavirus, Norwalk-like viruses, a variety of protozoan and helminthic parasites.

How do you prevent water-borne diseases?

- 1** Drink beverages made only with boiled water.



- 2** Canned or commercially bottled carbonated water, beer and wine are safe.



- 3** Ice cubes should be considered potentially contaminated and best avoided.

- 4** Don't drink tap water.

- 5** Chlorinated water can still be unsafe.

- 6** Bring appropriate equipment for water purification.



What are the methods used to purify water?

1 Boiling is by far the most reliable method (boiled vigorously for 1 minute and allowed to cool to room temperature).

2 Chemical purifiers such as tincture of iodine (2% solution) can be used.

- Add 5 drops to 1 litre of clear water and wait for 30 minutes before using.



- For very cold or cloudy water, add 10 drops to 1 litre of water and wait for several hours before using.

- To remove the iodine taste and odor, add 50 mg of vitamin C, 30 minutes after adding iodine.



3 Many types of portable water filters available, with varying degrees of effectiveness, can be used together with chemical purification.



Water Filter