

# Helping Mississippians live happier, healthier lives!

## WATER SAFETY In the event of a water emergency, it is important to:

- stay hydrated by drinking bottled water or water that has been boiled for one minute.
- cook, wash fruits and vegetables, and brush teeth with bottled water or water that has been boiled.
- use tap water for bathing, handwashing, washing clothes, and flushing toilets.
- monitor updated information provided by local authorities through their social media outlets regarding the water situation as new information is available.



#### IMPORTANCE OF HYDRATION

- Stay hydrated by drinking bottled or boiled water after it has cooled.
- How to make water safe to drink:
  - Boil water for one minute. Water must be bubbling the entire time.
  - Start counting to 60 when the water comes to a rapid rolling boil. Let the water cool before drinking or storing it in a container.



- For additional fluid needs, and to stay hydrated, eat fruits and vegetables (canned, fresh, or frozen) and frozen fruit pops.
- Watch for signs of dehydration:
  - Sluggishness, dizziness, headache, and feelings of thirst.
  - If you feel thirsty, you are already dehydrated. If you experience any of these signals, make sure you drink bottled water immediately.

### STORING WATER FOR DRINKING

- Store a minimum of one gallon of clean water per person per day for drinking and cooking.
- Clean food-grade plastic or glass containers are good for storing water. They need to be clean.
- Food-grade containers are store-bought plastic or glass containers that previously held food or beverages. Examples include 2-liter soda bottles and water, juice, and punch bottles.
- Make sure your container is cleaned and ready to store water before you need it. Wash the container with hot, soapy water. Rinse the soapy container well with plain water.
- ► Write "drinking water" on the container with the current date.
- Store tightly capped containers in a cool, dry place away from direct sunlight.
  - To learn more, visit HappyHealthy.MS and click on Tips and Videos.
    - How to: Choose Water
    - How to: Handwashing

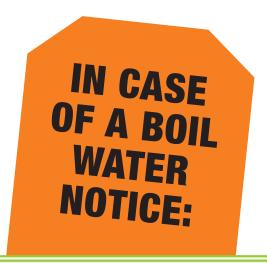




#### HELPFUL TIPS FOR WATER SAFETY

- Frequently wash your hands with soap and tap water.
- Breastfeed or use ready-made baby formula. If you use water to make formula, use bottled water until officials say your water is safe to drink.
- Bathe with tap water, being careful no water gets in your eyes, nose, and mouth.
- Watch children while they bathe to make sure they don't drink the water.
- → Brush your teeth with bottled water or water that has been boiled.
- Avoid soft drinks and coffee as they may cause dehydration.
- Minimize the amount of water you need by reducing activity and staying cool.
- → Wash laundry as usual. All water temperatures are safe to use.

- Use bottled water or water that has been boiled for pets.
- Discard any ice made during the boil water notice.
- Wash fruits and vegetables in water that has been boiled for a minute and has cooled.
- Use disposable plates, cups, and utensils to reduce the need to wash dishes.



The City of Jackson posts boil water notices and updates on their website:

https://www.jacksonms.gov/boil-water-notices/

The Mississippi Emergency Management Agency (MEMA) posts updates and locations for water distribution in the Jackson area. Details are on their website:

https://www.msema.org/jackson-water-crisis-2022





HAPPY HEALTHYMS







 $This \, material \, was \, funded \, by \, USDA's \, Supplemental \, Nutrition \, Assistance \, Program \, - \, SNAP. \, This \, institution \, is \, an \, equal \, opportunity \, provider.$ 

Mississippi State University is an equal opportunity institution. Discrimination in university employment, programs, or activities based on race, color, ethnicity, sex, pregnancy, religion, national origin, disability, age, sexual orientation, gender identity, genetic information, status as a U.S. veteran, or any other status protected by applicable law is prohibited.

Extension Service of Mississippi State University, cooperating with U.S. Department of Agriculture. Published in furtherance of Acts of Congress, May 8 and June 30, 1914. STEVE MARTIN, Interim Director