

Water Safety Guidelines

When your immune system is low, the water you use needs to be safe and free from bacteria. The safety guidelines below should be followed closely, especially when **cooking, drinking, washing dishes and utensils, and brushing teeth.**

Use the following safe water sources for drinking, cooking or making ice. Clean water bottles and ice trays with soap and water before each use. Discard any unused water after 3 days.

Safe Water Sources



City Water	Water from your home faucet is safe if your water is from a city water supply or a municipal well.
Bottled Water	Bottled water is safe if it has been processed to remove harmful organisms. This can be done by treatment with one or more of the following: • reverse osmosis • distillation • filtration through an absolute 1 micron or smaller filter The labels “well water”, “artesian well water”, “spring water”, or “mineral water” <u>do not mean</u> that the bottled water is safe to drink. Read the label to find out if the water has gone through one of the above treatments. The following bottled water brands are currently known to be safe: Alhambra[®], Aquafina[®], Crystal Geyser[®], Dasani[®], Kirkland[®], Nestle[®], Safeway[®], and Winco[®]. <i>This is not a complete list of approved bottled water and may be subject to change. Contact the International Bottled Water Association (IBWA) at 1-800-928-3711 or visit their web site at www.bottledwater.org for more information.</i>
Boiled Water	Heat water at a rolling boil for at least 1 minute. Once boiled water is cool, transfer to a clean bottle or pitcher with a lid and refrigerate.
Distilled Water	Water may be distilled using a steam distillation system. After processing, transfer water to a clean bottle or pitcher with a lid and refrigerate.
NSF International Certified Water Filters	Only use filters certified by NSF International (www.NSF.org or 1-800-673-8010) that follow these guidelines: • Removes coliforms and Cryptosporidium. • Meets NSF Standard #53 for cyst removal. • Removes particles of absolute pore size 1 micron or smaller. Tap water filter must be put in immediately before the water tap.

Potentially Harmful Water Sources



Private or Small Community Well Water	Water from private or small community wells <u>may not be safe</u> as it could contain coliforms and Cryptosporidium organisms. Testing is needed. If your water is sourced from a private or small community well, you should: • have your water tested prior to transplant. • participate in on-going testing annually or as recommended by your water laboratory. If your well water is not safe based on testing, use one of the safe water sources listed on page 1. <u>Resources for Water Testing</u> To find a certified water testing laboratory in your area, visit www.wellowner.org and click “Water Testing” then “Find a Certified Testing Lab” or call the toll-free Private Well Owner Hotline at 855-420-9355.
Portable Water Filters	Portable water filters (e.g. Brita® or Pur®) and refrigerator-dispensed water filters (from well water) do not meet standards for removal of bacteria. Only use filters certified by NSF International (see page 1 for more information).

More Safety Tips

- Avoid accidental water intake when bathing or participating in water-related activities (like swimming, boating, or using a hot tub).
- If you are unsure of the source of tap water, avoid it. This includes water from a refrigerator and drinks from a soda fountain.
- Avoid ice from restaurants or other ice machines that may not be cleaned regularly.

Resources

- The Groundwater Association: <http://www.ngwa.org>
- Center for Disease Control and Prevention - Drinking Water: <http://www.cdc.gov/healthywater/drinking/private/index.html>