

End OF THE NOTICE TO BOIL WATER

As soon as the water supplied by a distribution system again complies with the prescribed standards, or the treatment or distribution system defect or breakdown is repaired, the operator must inform everyone that the notice to boil water is lifted and that the water can again be consumed normally.

As soon as the notice to boil water is lifted, the following precautions are recommended before consuming the water:

- let all cold water taps run for a minute or until the water is cold. Follow the same procedure for drinking fountains;
- flush outside taps such as those connected to hoses.



Caution

Boiling water should be handled with care, particularly around infants, young children and elderly persons in order to avoid burns. It is advisable to let the water cool before pouring it into another container.

Domestic filters

Ordinary domestic filters (water softeners, activated charcoal systems, pitchers, etc.) do not eliminate disease-causing micro-organisms. Therefore, it is advisable to boil the water before drinking or using it.

FOR MORE

information

For more information on the health hazards that cause notices to boil water to be issued, or on symptoms that could be due to contaminated water, you should contact:

- Info-Santé 8-1-1;
- if necessary, your family doctor.

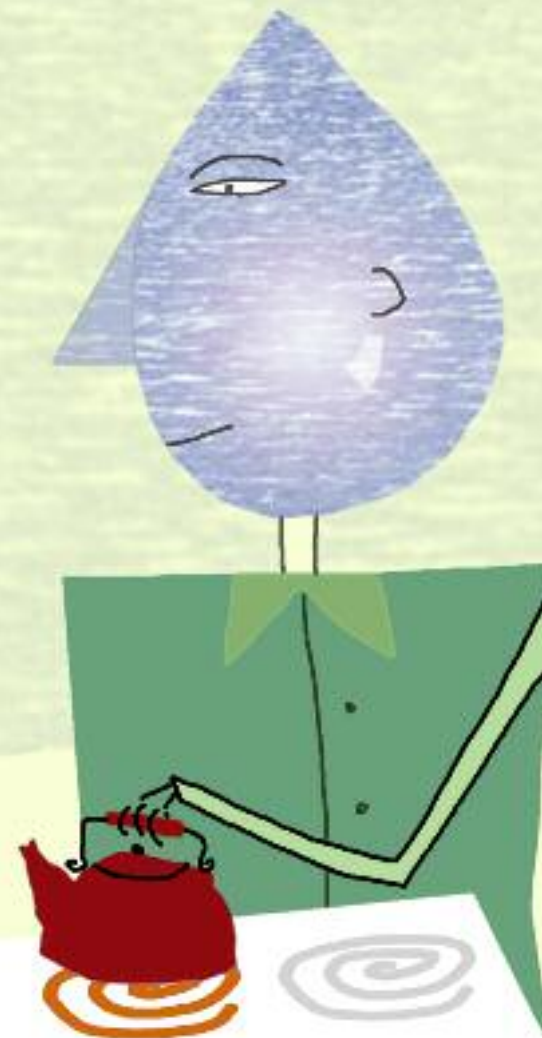
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Québec 

• Agence de la santé et des services sociaux de la Capitale-Nationale
• Ministère de la Santé et des Services sociaux

Notice to boil water



Québec 

Under the *Regulation respecting the quality of drinking water*, the operator of a drinking water distribution system must regularly monitor the quality of the water to ensure that it is fit for consumption and is not a health hazard.

Issuance of a NOTICE TO BOIL WATER

If bacteriological analyses of the water reveal the presence of fecal coliform bacteria or *Escherichia coli* bacteria, the person in charge of the distribution system must, as soon as he or she is informed thereof, notify users that the water is unfit for consumption and that it must be vigorously boiled for at least one minute before drinking.

Water storage

Boiled water stored in sterilized, air-tight containers will usually keep for up to three days in the refrigerator or for 24 hours at room temperature.

In addition to the presence of fecal bacteria, other situations may lead the operator of a distribution system to issue, as a precaution, a notice to boil water. For example:

- a breakdown or defect of the treatment or distribution equipment;
- inadequate disinfection;
- a sudden increase in the turbidity of the water.

WHAT ARE THE HEALTH hazards OF CONTAMINATED WATER?


Drinking contaminated water can lead to health problems, the most common one being gastroenteritis. Infants and young children, elderly persons and persons who have weakened immune systems or who suffer from chronic illnesses are generally more at risk of being affected.

Restrictions WHILE A NOTICE TO BOIL WATER IS IN EFFECT

While a notice to boil water is in effect, changes must be made in the ordinary use and consumption of tapwater for food preparation, personal hygiene and domestic use.

In general, the guidelines below should be followed while a notice to boil water is in effect:

- 1) Preparing food and beverages**
 - Use boiled or bottled water for the following:
 - preparing beverages such as juices, hot beverages (tea, coffee, etc.);
 - preparing baby bottles and baby food;
 - washing fruits and vegetables to be eaten raw;
 - making ice cubes;
 - preparing dishes and food for cooking.
- 2) Personal hygiene**
 - Use boiled or bottled water for brushing the teeth and rinsing the mouth.
 - When taking a shower or a bath, take special care to avoid swallowing water.
 - Hand wash infants (sponge baths, face cloths) to prevent them from swallowing water or putting wet toys in their mouth.
- 3) Dish washing and clothes washing**
 - Use hot water and dishwashing liquid to wash dishes by hand, then let dry.
 - A dishwasher with a hot-water cycle for disinfecting dishes can also be used.
 - Clothes can be washed with tapwater.
- 4) Other uses**
 - Tapwater can be used in the garden.
 - Tapwater should not be used to fill wading pools. Disinfectants (chlorine, bromine) should be added to filter-equipped pools. Wait 30 minutes before swimming.



Boiling water for one minute kills all water-borne disease-causing micro-organisms.