

# **The Importance of Water**

## **How much is enough?**

The general rule is four litres of water per person per day, but there are a few caveats:

Children, nursing mothers and sick people may need more

Remember in summer hot temperatures can double water needs

Pets need about 30 millilitres of water per kilogram of body weight per day. For example, an average-sized cat or small-sized dog needs at least 1/5 of a litre, or half a cup, daily

How and where do I store my water?

It's recommended you purchase commercially-bottled water and keep it in its original container in an easily accessible, cool and dark place. Don't open it until you need it.

Observe the expiration or "best before" dates. Set a reminder in your phone or remember to check the dates when the clocks "spring forward" and "fall back".

## **What hidden water sources are available in my home?**

It's easy to locate safe water sources in your home. These include the water in your hot-water tank, pipes and ice cubes. It's recommended you don't use water from toilet tanks or bowls, radiators, waterbeds, swimming pools or spas.