Boiling water

• Fill a pot with water. Heat the water until bubbles come from the bottom of the pot to the top.
• Once the water reaches a rolling boil, let it boil for 1 minute.
• Turn off the heat source and let the water cool.
• Pour the water into a clean container with a cover for storage.

Water filters

• Boil tap water even if it is filtered.
• Most kitchen and other household water filters typically do not remove bacteria or viruses.

Preparing and cooking food

• Wash all fruits and vegetables with boiled water that has cooled or bottled water.
• Bring water to a rolling boil for 1 minute before adding food to cook.
• Use boiled water when preparing drinks, such as coffee, tea, and lemonade.
• Wash food preparation surfaces with boiled water.

Feeding babies and using formula

• Use ready-to-use baby formula, if possible.
• Prepare powdered or concentrated baby formula with bottled water.
• Use boiled water if you do not have bottled water.
• Wash and sterilize bottles and nipples before use.
• If you cannot sterilize bottles, try to use single-serve, ready-to-feed bottles.

Ice

• Do not use ice from ice trays, ice dispensers, or ice makers.
• Throw out all ice made with tap water. Make new ice with boiled or bottled water.

Bathing and showering

• Be careful not to swallow any water when bathing or showering.
• Use caution when bathing babies and young children. Consider giving them a sponge bath to reduce the chance of them swallowing water.
• Brush teeth with boiled or bottled water. Do not use untreated tap water.

Washing dishes

• Household dishwashers generally are safe to use if the water reaches a final rinse temperature of at least 150 degrees or if the dishwasher has a sanitizing cycle.

To wash dishes by hand:

• Wash and rinse the dishes as you normally would using hot water.
• In a separate basin, add 1 teaspoon of unscented household liquid bleach for each gallon of warm water.
• Soak the rinsed dishes in the water for at least one minute.
• Let the dishes air dry completely.

Laundry

• It is safe to do laundry as usual.

Pets

• Pets can get some of the same diseases as people. It is a good idea to give them boiled water that has been cooled.