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Public Health Advisory

Boil Water Reminder for River Water in Iqaluit

October 26, 2021
Iqaluit, Nunavut **60 sec**

The Department of Health wants to remind Iqalummiut that river water should be boiled before consumption. Water from lakes, rivers or streams may contain disease-causing "germs." These germs can lead to water-borne infections. Boiling water is a safe way to kill disease-causing germs, including viruses, bacteria, and parasites.

Follow the below steps to appropriately treat and store your water:

1. All river water used for consumption must be brought to a rolling boil for a minimum of one full minute, then cooled before use.
2. Store treated water in clean, covered, food-grade containers.

As an added measure, you may choose to pour the water through a clean cloth or coffee filter to remove any debris prior to boiling. This is an optional step only to remove debris. Boiling will kill disease-causing germs if they are present.

It is essential that all river water be boiled for the following uses:

- Drinking.
- Preparing infant formulas.
- Preparing juices and ice cubes.
- Washing fruits and vegetables.
- Cooking.
- Brushing of teeth.

Water can be boiled either in a pot or kettle on a stove or an electric kettle without an automatic shut off.

It is not necessary to boil water used for anything other than the above list.

To protect the health of everyone, please do not discard human waste or other hazardous material into the river water.

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