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Facts You Didn't Know About Drinking Water Safety



Christian Carlsson asked:

With an increase in water consumption due to rising awareness of health benefits and associated advertising there has been an influx on information about tap, bottled and filtered h2o everywhere you look.

Safety issues are now more important than ever. I would like to outline the types that are available and safety issues to ensure you are well informed the next time you wish to have a sip of water.

Drinking from streams and rivers.

In the past it could have been deemed 'safe' to drink what is available to us in streams and rivers. However in many rivers and streams today, this is no longer the case.

Even a stream that appears to be crystal clear and fresh may contain bacteria, microbes, amoeba and viruses. All of which have the potential to cause serious harm in the form of illness and disease.

Safety tip #1:

When you are out and about carry iodine crystals. Iodine crystals will enable you to purify streams and rivers, which will then make it safer to drink.

Bottled drinking water.

Bisphenol A (BPA) is a compound used in plastic drinking bottles. Research has linked BPA ingestion with the development of certain cancers. Cleaning your plastic bottle after each use does not lessen the chances of BPA contaminating your water, it often increases the levels with each re-use.

Safety tip #2:

If you like to drink from a bottle then it is safer to use ones made from glass, and in some circumstances, stainless steel. These bottles do not contain BPA.

Tap Water.

Tap water contains many harmful substances such as chemical compounds and bacteria. High concentrations of chlorine and lead have been found in studies that have tested regular households.

Safety tip #3:

If you are unsure of the quality that comes from your tap you will need to boil it. Make sure it boils for a few minutes before starting the cool down process. It should now be ready and safe to drink.

Filtered water.

Filters and home filtration systems are a fabulous way to ensure safety. They can be conveniently installed under sinks and on bench tops. Filters provide peace of mind with guaranteed quality and cleanliness 24 hours a day.

Safety tip #4:

Some filters provide great taste with a focus on removing chlorine. Others are highly successful at removing traces of lead and so on. Read labels carefully to choose a filter to suit your needs.

Now that you have the facts and 4 great safety tips, you will be able to make informed choices to ensure that what you are drinking is safe.

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