Boiling is by far the most reliable method (boiled vigorously for 1 minute and allowed to cool to room temperature).

Chemical purifiers such as tincture of iodine (2% solution) can be used.

- Add 5 drops to 1 litre of clear water and wait for 30 minutes before using.
- For very cold or cloudy water, add 10 drops to 1 litre of water and wait for several hours before using.
- To remove the iodine taste and odor, add 50 mg of vitamin C, 30 minutes after adding iodine.

Many types of portable water filters available, with varying degrees of effectiveness, can be used together with chemical purification.
Risks from drink

1. Water pollution is usually caused by human and animal excrement.

2. Most package tours are arranged to hotels where clean tap water is available but special care should still be taken when drinking out.

3. Among the more common infections that travellers may acquire from contaminated water are shigellosis, salmonellosis, campylobacteriosis, amoebic dysentery, giardiasis, cryptosporidiosis, typhoid fever, cholera, infections caused by Escherichia coli, hepatitis A, rotavirus, Norwalk-like viruses, a variety of protozoan and helminthic parasites.
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How do you prevent water-borne diseases?

1. Drink beverages made only with boiled water.
2. Canned or commercially bottled carbonated water, beer and wine are safe.
3. Ice cubes should be considered potentially contaminated and best avoided.
4. Don't drink tap water.
5. Chlorinated water can still be unsafe.
6. Bring appropriate equipment for water purification.
What are the methods used to purify water?

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