



### WHO'S MONITORING THE SAFETY OF TAP WATER IN OUR COMMUNITY?

All Eeyou/Eenou communities are **monitoring the quality of tap water**, and the CBHSSJB is always informed of abnormal results.

The drinking water sources (from springs or streams) **outside of the boundaries of the Cree communities** within Eeyou/Eenou Ischee are not monitored.

## STAY HEALTHY

BY FOLLOWING THESE TIPS ON HOW TO SAFELY HANDLE DRINKING WATER IN YOUR CAMP.

For more information on tap water advisories, contact your local public health officer, water operator or environment administrator.



### WATER SOURCES AND STORAGE OF DRINKING WATER IN EYYOU/EENOU ISTCHEE HUNTING CAMPS:

# KEEP IT CLEAN

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Spring Water

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Snow Water

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Rain Water

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A place to get water from

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CONSEIL CRI DE LA SANTÉ ET DES SERVICES SOCIAUX DE LA BAIE JAMES  
CREE BOARD OF HEALTH AND SOCIAL SERVICES OF JAMES BAY



## IS THE WATER CLEAN IN MY HUNTING CAMP?

Good clean water is **hard to find** these days. Traditionally, we gathered our water from springs and streams. We have used some springs possibly for thousands of years. But, today, we **store our water in containers**.

## ARE YOUR WATER CONTAINERS CLEAN?

In summer of 2005 and 2007, the CBHSSJB public health department, in collaboration with all Eeyou/Eenou communities, conducted a short study on alternative sources of drinking water. We found that some **drinking water collected from springs and streams, stored and used in camps, contained germs at levels that could make people sick**.

## THEREFORE, WE RECOMMEND THAT YOU:

- **Boil your water** for a minute before drinking it.
- **Regularly wash** using soap and warm water, and disinfect the container and lids used for scooping and storing water.

## TIPS ON HOW TO SAFELY HANDLE WATER:

### DRINKING WATER

- Use a **clean cloth to filter** your drinking water.

### ALWAYS BOIL YOUR WATER

- **Clean containers** and lids.
- **Disinfecting pails**, jugs, containers and scoops.
- Wash using **soap and warm water**.

### DISINFECT

- Mix 1 tablespoon of **bleach** in 1 liter of water.
- **Soak for 10** minutes, then rinse.
- **Air dry**.

### WASHING HANDS

- Make a **habit of washing your hands** well and often.
- Change the water **after each person** uses it.

### SLOP PAIL

- Have **one place** where you throw away all waste water.
- Always use the **same location**.

### PLASTIC BAGS DESIGNED FOR GARBAGE

- These bags are designed for garbage use only, and contain chemicals that may harm you, **don't use them for drinking water storage**.

## CAUTION

- Handle boiling water with **care**.
- **Protect** your family from burns.
- **Let the water cool** before filling plastic containers.

