

## **We have two recommendations for you:**

- Boil your water for a minute before drinking it.
- Regularly wash and disinfect the container and lids used from scooping and storing water.

## **Who's monitoring our tap water in our community?**

The First Nation Councils in Eeyou/Eenou Istchee are monitoring the tap water, and the Cree Board of Health and Social Services of James Bay is always informed about abnormal tap water results from the communities.

## **Who monitors other Drinking Water sources in Eeyou Istchee?**

Our local First Nation Councils and the CBHSSJB do NOT monitor water outside the boundaries of the Cree communities. You may, however request to have your camp water tested.

**For more information on tap water advisories,  
contact your Public Health Officer,  
Water Operator or  
Local Environment Administrator in your  
community.**

REVISED 2018



**MUSCHIWINIPAAKUCH**  
**Spring Water**

**KUUNAAPUI**  
**Snow Water**

**CHIMUWINAAPUI**  
**Rain Water**

*AA UNTIHIIPAANIWICH*  
**A place to get water from**

**Water sources and Storage of Drinking water in  
Eeyou/Eenou Istchee hunting camps:**

**KEEP IT CLEAN...**

# **Boiling water for one minute kills most germs that cause disease**

## **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 CONTAINERS CLEAN? In the summer of 2005 and 2007, the Public Health Department of the CBHSSJB with the collaboration with the First Nation (local) Councils conducted a short study on alternative sources of drinking water. We found that some drinking water from springs and streams and used in camps, contained some germs at levels that can make people sick. *Therefore, we ask that people boil their water before drinking it.* But most importantly we request that people regularly wash and disinfect the containers used for scooping water.

### **CAUTION**

HANDLE BOILING WATER WITH CARE.  
PROTECT YOUR FAMILY FROM BURNS.  
LET THE WATER COOL BEFORE  
FILLING PLASTIC CONTAINERS.

## **Here are some tips to protect your Camp // Environment:**

### *Best Practices!*

#### **Drinking Water:**

- Use a clean cloth to filter your drinking water;
- Boil your water at all times;
- Clean Containers and the lids;

#### **Disinfecting pails, jugs, container, scoops:**

- To wash only, use soap and warm water;
- To disinfect, use 1 tablespoon of bleach in 1 liter of water soak for 10 minutes. **Air Dry.**

#### **Washing hands:**

- Make a habit of washing your hands well and often.
- Change the water in the wash basin.

#### **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 potable water storage

**Show your children good environmental practices.**