

# Become a Water Warrior!

0 sugary  
drinks and  
more water  
every day

Water is the number one thirst-quencher! These tips will help you ensure that you and your family always have the best quality water at hand while doing your part to conserve this valuable resource.

## GET A HOME WATER-FILTRATION DEVICE

- Home water-filtration devices are relatively low in cost and can help to remove potentially harmful contaminants from your water.<sup>1</sup>
- The most common devices use a carbon filter and come in a variety of forms, including pitchers, bottles, faucet systems and dispensers.<sup>1</sup>
- Read the product details when you buy. Certain devices filter out different contaminants than others — from chlorine, copper and mercury to asbestos and lead.
- Make sure to change your filters regularly to ensure the best quality water for your family!



## USE A REUSABLE WATER BOTTLE

- Reusable water bottles are a great, eco-friendly way to stay hydrated. Give your bottles a hot, soapy wash each day to keep your water free of bacteria and tasting great!<sup>2</sup>
- Not all reusable water bottles are dishwasher-safe. If your bottle contains BPA or if it is not dishwasher-safe, make sure you take extra care to wash it with warm water and soap. Be sure that you do not leave your bottle sitting in the sun or in a hot car.<sup>2</sup>

## COLLECT RAIN WATER

- Rain barrels are water collection systems that connect to the downspout of your home and store rainwater. They can be purchased from most box stores, and are relatively affordable.
- Harvesting rainwater is a great way to conserve water and provide a free source of water for gardening.
- While rain water should not be used as drinking water, it can be used for watering plants or household cleaning.<sup>3</sup>



## USE A SHOWER-HEAD FILTER

- Many families around the country opt to install shower-head filters to prevent increased exposure to certain chemicals and products in tap water. While the EPA states that the chemicals added to drinking water are safe to ingest at low levels, some individuals say that they experience dry skin, irritation, and more severe allergies and asthma when they are exposed to these chemicals in the shower.<sup>4</sup>
- The majority of southwestern Pennsylvania's water is treated with either chlorine or chloramine, both of which are added to the water to disinfect and protect against potentially pathogenic bacteria and other contaminants.<sup>5</sup>
- Shower head filters come in various styles and prices and can be purchased at most box stores.

## GET YOUR WATER TESTED

- If you fear that your water is contaminated, you have two options:
  1. Contact your local water provider. Some providers will come to your home and test your water free of charge.
  2. If they don't offer this service, your other option is to conduct a home-water test yourself.<sup>6</sup>
- You can order and conduct several home testing kits online. The EPA states that the best way to test your water is through a state-certified lab. Once your kit is delivered and you collect a home sample, simply mail it to the lab for testing.<sup>6</sup>
- For more information on home water testing and lab locations, visit this link:  
<http://extension.psu.edu/natural-resources/water/drinking-water/water-testing/testing>.



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### Sources

<sup>1</sup>"Water Health Series: Filtration Facts." Environmental Protection Agency. September 2015, [https://www.epa.gov/sites/production/files/2015-11/documents/2005\\_11\\_17\\_faq\\_fs\\_healthseries\\_filtration.pdf](https://www.epa.gov/sites/production/files/2015-11/documents/2005_11_17_faq_fs_healthseries_filtration.pdf)

<sup>2</sup>Havrdejs, Judy. "How to correctly clean your water bottle." Chicago Tribune. 3 August 2011, [http://articles.chicagotribune.com/2011-08-03/health/sc-health-0803-water-bottle-20110803\\_1\\_water-bottle-dry-hot-car](http://articles.chicagotribune.com/2011-08-03/health/sc-health-0803-water-bottle-20110803_1_water-bottle-dry-hot-car)

<sup>3</sup>"Watershed & Rain Barrel Workshops." Pennsylvania Resource Council. 2016, <http://prc.org/programs/conservation-workshops/watershed-rain-barrels/>

<sup>4</sup>"Be Careful About Chlorine in Pools: Chlorine Can Trigger Allergies, Asthma." Healthychild.org. 26 February 2016, <http://www.healthychild.org/easy-steps/be-careful-about-chlorine-in-pools/>

<sup>5</sup>Templeton, David and Hopey, Dan. "Water company plans to change disinfectant used in some systems." Pittsburgh Post-Gazette. 11 March 2012, <http://www.post-gazette.com/news/health/2012/03/11/Water-company-plans-to-change-disinfectant-used-in-some-systems/stories/201203110165>

<sup>6</sup>LaMotte, Sandee. "How to test for lead in your home water supply." CNN. 10 February 2016, <http://www.cnn.com/2016/01/21/health/lead-testing-home-drinking-water/index.html>

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Download more 5-2-1-0 resources at [letsmovepittsburgh.org/5210](http://letsmovepittsburgh.org/5210). To start a 5-2-1-0 campaign at your home or organization, please contact [letsmove@phipps.conservatory.org](mailto:letsmove@phipps.conservatory.org). Let's Move Pittsburgh is a program of Phipps Conservatory and Botanical Gardens. This program is adapted from Let's Go! [www.letsgo.org](http://www.letsgo.org).