



CAN MY WATER MAKE ME SICK?

Lesson Guide

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Your Goal As a Teacher

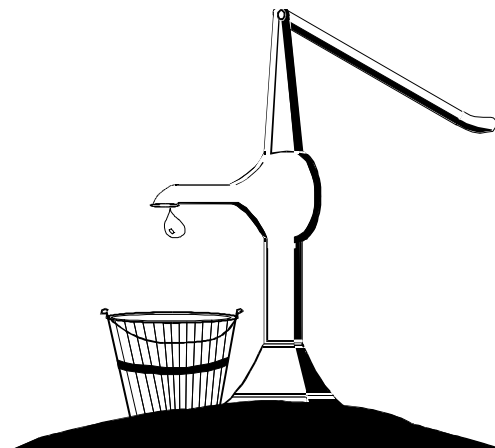
After teaching this lesson, I expect the homemaker to:

- Realize that water can make someone sick.
- Know the signs that indicate that there may be lead in the water.
- Understand what can be done to protect one's family from lead poisoning.
- Know the warning signals for hepatitis.
- Make sure everyone in the family washes their hand well with soap and warm water.
- Understand that bacteria is more likely to get in the water if the household has straight pipes or a septic system that isn't working right.



Teaching Tools

- Flipchart -- Can My Water Make Me Sick? (Available for loan by contacting Kim Henken, (859)257-7775 or khenken@ca.uky.edu.)
- Handout -- Can My Water Make me Sick?
- Handout -- Lead -Should I Be Worried About It In My Water?
- Handout -- Hepatitis A
- Handout -- Bacteria
- Handout -- A Boil Water Advisory or a Boil Water Notice



Points to Stress

1. Water is more likely to make you sick if you are drinking water from your own well or cistern. However, people drinking city water can also get sick.
2. Lead poisoning can cause serious damage to the brain, kidneys, nervous system and red blood cells. Young children and pregnant women are most at risk.
3. If you suspect you have lead pipes, fittings or fixtures, use only cold water for drinking, cooking and making baby formula. Run the cold water 2 minutes anytime the water in that faucet has not been used for over 6 hours.
4. Don't eat raw or undercooked fish from sewage contaminated water.
5. Always wash fruits and vegetables before eating them.
6. Use good personal grooming. Wash hands well with soap and warm water before handling or eating food, after using the bathroom or changing diapers, after working or playing outside, and after handling animals or animal waste.
7. Don't use straight pipes for raw sewage.
8. Wells and cisterns need to be put in the right place and they need to be maintained.
9. If you suspect you have bacteria in your water, get the water tested.

10. Pay attention if a boil water advisory is issued. Boil cooking and drinking water 3 minutes
11. Locate wells away from septic systems, animal pens or feedlots, coal mines, oil wells, dumps, factories or landfills.

Ideas For Teaching the Lesson

1. Use the flipchart that is provided and go through it carefully with the homemaker.
2. Discuss with the homemaker the signs of lead in the water. Ask if the homemaker has noticed any of the indicators. If yes, discuss what can be done to prevent lead poisoning. Also, suggest having children's blood lead levels tested.
3. If the homemaker uses a well or cistern, go over proper location of the well or cistern and basic maintenance. Remind the homemaker the water should be tested once a year. Ask the homemaker to show you the well or cistern and tell you how they take care of it.
4. Review with the homemaker the importance of washing hands well and good personal grooming.
5. Discuss with the homemaker symptoms for Hepatitis A, and bacterial infections.

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