



# CHATting ABOUT HEALTH



## Water and Your Health

Getting enough water every day is important for your health.



### Benefits of Drinking Water

- Prevent dehydration
- Keep a normal temperature
- Lubricate and cushion joints
- Protect sensitive tissues like the spinal cord
- Get rid of waste through urination, perspiration and bowel movements

### How Much Water Do You Need?

Many factors like age, sex, activity level and overall health can impact how much water you need.

- More water is needed during pregnancy and breastfeeding.
- People with certain health conditions like congestive heart failure, kidney disease, serious infections or diarrhea may also have different water needs.

**Check with your doctor to see if you have special water intake needs.**

### Times You Might Need More Water

- In hot climates
- When you are more physically active
- When you are running a fever
- When you have diarrhea or vomiting

### QUICK TIPS for Drinking More Water

- Carry a reusable water bottle
- Choose water over sugary drinks
- Serve water with meals and opt for water when eating out
- Add a flavor enhancer like lime or lemon

Learn more about water and your health :

<https://www.cdc.gov/healthy-weight-growth/water-healthy-drinks/index.html>



# Well Water Safety



**Drinking water quality depends on where it comes from and how it is treated.**

Water that has not been treated or is not from a safe source may contain harmful germs or chemicals that can make you sick.

- Public water utilities remove harmful germs and chemicals to make tap water safe to drink.
- If you have a privately owned well, you are responsible for making sure your tap water is safe to drink.



According to CT DPH, nearly 1 in 4 CT residents gets their water from a private well.

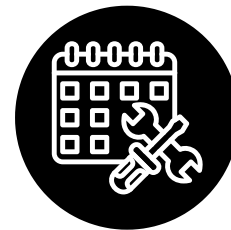
**Drinking water that is contaminated with germs or chemicals can make you sick.**

Some ways that well water can become unsafe to drink include:

- leaks from landfills
- septic systems that are not working correctly
- leaks from underground fuel tanks
- fertilizers or pesticides
- high levels of naturally occurring chemicals like arsenic or radon
- animal waste

## Maintaining Your Well

Regular maintenance is important to keep your well water safe.



CDC recommends doing the following **at least once per year**:

- Test your well water for harmful germs and chemicals
- Check for mechanical problems and cleanliness

<https://www.cdc.gov/drinking-water/about/index.html>

