

## Drink Water But Beware the Container

**Bacterial Concerns for All Water Bottles:** The real culprits for the safety of reusing any water bottle are the bacteria and fungi that can grow in damp or partially full bottles once they have been opened. These bacteria generally come from your hands and mouth, or any dirt that comes in contact with the mouth of the bottle.

**Cleaning Your Water Bottle:** Both single-use and reusable water bottles should be thoroughly cleaned and dried between uses. Reusable water bottles generally have wider mouths, making them easier to clean. Dishwashing soap and hot water are acceptable to use for cleaning your water bottle. The risks of bacterial and fungal growth are higher if you use the bottle with a drink that contains sugars. Immediately drain, rinse, and wash your water bottle after your walk if you use it with sports drinks or juices.

**Sanitizing Your Water Bottle:** If you have visible bacterial slime or mold in your water bottle, you should sanitize your water bottle with a diluted bleach solution of 1 teaspoon bleach and 1 teaspoon of baking soda in 1 quart of water. Allow the solution to sit in the bottle overnight, then thoroughly rinse and dry the bottle before using it again.

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## Iowa City Water - The Purification Process

The Iowa City water purification facility uses water that comes from multiple sources including surface and ground water. The water sources are blended to provide the best quality and quantity at the most economical cost. Currently the primary source is alluvial well water. The first step of the purification process sends water through an aerator that removes gases that may be trapped in the source water. The water from the aerator then enters the softeners, where lime is added to increase the pH. This step reduces the hardness and improves the clarity of the water. The softened water then enters the recarbonation process. The water pH is adjusted and stabilized for ultimate use. Next, the treated water passes downward through granular activated carbon filters to remove the last particle traces and optimize the taste. The filtered water is then disinfected with chlorine and fluoride is added to aid dental health. The clear purified water is then delivered to your faucet via water mains at adequate pressure and quantities always ready for you to use 24 hours a day, 7 days a week, 52 weeks a year.

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