

# Health Tip of the Month

## Truth About Tap Water

### Fact or Myth

1. Bottled water is cleaner and safer than tap water.
2. The price of bottled water is 1000 times more than the price of tap water.
3. Water bottles can be recycled, thus they are environmentally friendly.
4. Tap water must be disinfected and filtered to remove pathogens and viruses 100+ times a month.



1. Myth
2. Fact
3. Myth
4. Fact

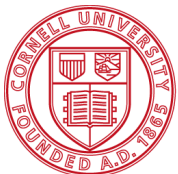
## Safety Tips of Tap Water:

**If the water appears brown**, the common cause is from outside sedimentary runoff. In this case, do not to drink the tap water or hot water until the water is flushed out and appears clear again.

**If the water appears cloudy**, it is a result of air bubbles forming. Fill a glass with water and let it stand for a few seconds. If the water clears from bottom to top, then the cloudiness is just due to oxygen bubbles rising and is safe to drink.

**If the water tastes like chloride**, it is due to the district adding chlorine into the water system in order to disinfect bacteria in the pipes. The water is safe to drink.

*An alternative to tap water is to filter your own water. Many people prefer filtered water since it tastes good and it usually steers clear of the issues above. A filter in the sink or a special filter pitcher (Brita) is all that you need to enhance your water!*



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Worksite Wellness Initiative: by Amy Unger, Dietetic Intern  
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More Health Tips? visit <http://nyc.cce.cornell.edu>

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