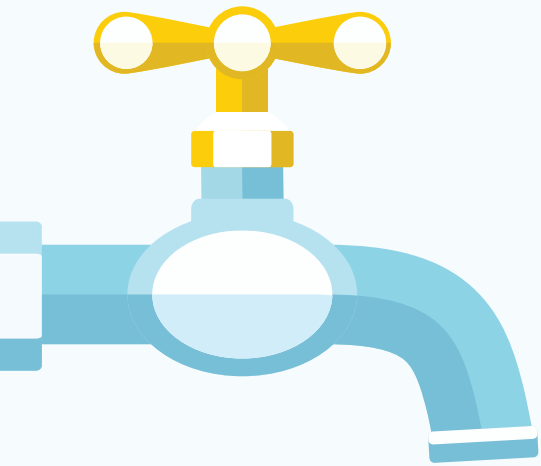


DISINFECTION BY-PRODUCTS in drinking water



Chlorine is the most commonly used drinking water disinfectant. It has been used to disinfect water and make it suitable for drinking for more than 100 years. It has nearly eliminated diseases like typhoid fever, cholera, and dysentery in Canada.



The benefits of disinfecting drinking water with chlorine are much greater than the potential health risks of being exposed to higher levels of disinfection by-products.



Disinfection by-products called trihalomethanes (THMs) and haloacetic acids (HAAs) are formed naturally when chlorine in water combines with organic matter like leaves or other vegetation



THM and HAA levels tend to increase in the summer and fall



You don't have to stop using tap water. You can still brush your teeth, wash fruits and vegetables, use tap water to prepare foods, and wash dishes and clothes



You would have to be exposed to high levels of disinfection by-products over many years for your health to be at risk



You can be exposed by drinking or bathing in affected water or breathing in steam when showering

TO REDUCE YOUR EXPOSURE, YOU CAN



Ventilate the bathroom when bathing or showering



Take shorter baths (less than 30 minutes) or showers (less than 10 minutes)



Use a pour-over filtration water pitcher for drinking



Install a filter on your faucet or under your sink



Consider using water from another source