

Use clean water

- To wash fruits and vegetables, especially if eaten raw.
- To make ice and drinks.
- To clean cooking and eating utensils, prepare and cook food.
- Check water from natural water sources before usage.

Drinking Water contamination

- Microbial pathogens like salmonella and dysentery.
- Organic compounds like pesticides and solvents.
- Inorganic compounds like arsenic and lead.
- Radioactive elements like radon.

Symptoms of water contamination

- Nausea
- Vomiting
- Diarrhoea
- Stomach cramps

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