



# Public Alert: Boil Water Notice

## Robeen Group Water Scheme

Mayo County Council following advice from the HSE have decided in the interest of public health to issue a Boil Water Notice to all water users of the Robeen GWS.

Water from this supply must be boiled before use. This advice is necessary because the water is contaminated with cryptosporidium. Water that might be consumed directly or indirectly is affected.



*Area Supplied by the Robeen GWS*

## **Action To be Undertaken**

1. Water must be boiled for:
  - Drinking
  - Drinks made with water
  - Preparation of salads and similar foods, which are not cooked prior to eating
  - Brushing of teeth
  - Making of ice

Discard ice cubes in fridges and freezers and filtered water in fridges. Make ice from cooled boiled water.

2. Use water prepared for drinking when preparing foods that will not be cooked (e.g. washing salads).
3. Water can be used for personal hygiene, bathing and flushing of toilets but not for brushing teeth or gargling.
4. Boil water by bringing to a vigorous, rolling boil (e.g. with an automatic kettle) and allow to cool. Cover and store in a refrigerator or cold place. Water from the hot tap is not safe to drink. Domestic water filters will not render water safe to drink.
5. Caution should be taken when bathing children to ensure that they do not swallow the bathing water.
6. Prepare infant feeds with water that has been brought to the boil once and cooled. Do not use water that has been re-boiled several times. If bottled water is used for the preparation of infant feeds it should be boiled once and cooled. If you are using bottled water for preparing baby food, be aware that some natural mineral water may have high sodium content. The legal limit for sodium in drinking water is 200mg per litre. Check the label on the bottled water to make sure the sodium or 'Na' is not greater than 200mg per litre. If it is, then it is advisable to use a different type of bottled water. If no other water is available, then use this water for as short a time as possible. It is important to keep babies hydrated.
7. Anyone suffering from diarrhoea for more than two days should contact their general practitioner and provide a stool sample for testing. They should continue to drink plenty of boiled or bottled water.

**Great care should be taken with boiled water to avoid burns and scalds as accidents can easily happen, especially with children.**

## **What is Cryptosporidium?**

*Cryptosporidium* is a microscopic parasite that is found mainly in the faeces of infected humans or animals. Humans are infected when they swallow contaminated water or food, or touch contaminated objects and then touch their mouths before washing their hands well.

## **What are the symptoms?**

Diarrhoea that lasts 1 to 2 weeks, often accompanied by abdominal cramps, tiredness, nausea, vomiting and low grade fever. People usually develop symptoms 1 to 12 days after swallowing the parasite. If you are worried contact your GP.

## **What can I do to prevent getting it?**

- Use boiled water for:
  - Drinking
  - Drinks made with water
  - Preparation of salads and similar foods, which are not cooked prior to eating
  - Brushing of teeth
  - Making ice
  
- Wash your hands carefully after going to the toilet, changing nappies, and before preparing food.
- Be careful when bathing small children to ensure that they do not swallow any bath water.
- As *Cryptosporidium* can be passed from animals to humans, ensure that you and your children always wash your hands after handling any animals (including pets) or after visiting a farm.
- Do not drink unpasteurised milk.

## **Who is most at risk?**

Persons with an impaired immune system, young children and older people are most at risk of picking up *Cryptosporidium*.

Further details and advice may be had by contacting Group Water Schemes Section, Mayo County Council, Castlebar Tel: 094 9024444. Or [www.mayococo.ie](http://www.mayococo.ie)

Robeen GWS will issue a notice directly to all of its customers as to when the water supply is again suitable for direct consumption without further treatment.

Signed: **Tom Gilligan**  
Director of Services,  
Mayo County Council

Date: **3<sup>rd</sup> of October 2016**