

Food and Water Safety

Emergency Water Storage

For information on how to prepare for a water emergency, visit the Board of Water Supply's website

Ways To Sanitize Water

Boiling

Boiling is the safest method for treating water:

1. Fill a large pot with water from the tap.
2. Let any suspended particles settle to the bottom or strain the water through cheesecloth, a sheet, a coffee filter or other clean, porous material to remove as many solids as you can before treating the water.
3. Bring the water to a vigorous boil and keep it boiling for at least 5 minutes.
4. Pour the water back and forth between two clean pots. This process will help it cool and will also add air to the water to make it taste better.

Disinfecting

Use household liquid bleach to kill microorganisms:

1. Add 16 drops (about 1/4 teaspoon) of liquid chlorine bleach (5.25% hypochlorite as its only active ingredient) for each gallon of water.
2. Stir and let the water stand for 30 minutes. If it gives off a slight chlorine smell and looks clear, it is safe to use. DO NOT use scented bleach, color-safe bleach or bleaches with added cleaners.
3. If you do not smell chlorine, or if the water is still cloudy, do not use it for drinking or cooking.

Food Safety Tips

The Hawai'i Department of Health has written the "Emergency Handbook for Food Establishments," which focuses on food safety. To view and download the handbook, visit <http://health.hawaii.gov/san/food-information/>

- Food should be safe as long as power is out for no more than four hours. Keep the refrigerator and freezer doors closed as much as possible.
- Use a food thermometer to check the temperature of perishable foods, such as meat, poultry, fish, eggs and leftovers, before you cook or eat it. If the food is 41°F or colder, it is safe to eat. Discard any perishable food that has been above 41°F for over two hours. Always discard any items in the refrigerator that have come into contact with raw meat juices.
- Foods will keep frozen in the freezer for approximately 48 hours for a fully stocked freezer and 24 hours for a half-full freezer.

Foods will remain frozen longer if:

- The freezer is full or nearly full — the less crowded the freezer, the shorter the time the food will remain frozen.
- The outside air temperature is cool.
- The freezer is large and well-insulated — small freezers do not keep foods frozen as long.
- The food has a higher water content (meats, soups, seafood, etc.)

NOTE: Food that has completely thawed and has not been held at or below 41°F should be cooked and eaten immediately. If your food still has ice crystals, it is safe to refreeze (if power is restored).

If power is out for an extended amount of time, consider transferring your food to a freezer that is still powered such as a friend's freezer. Use dry ice if available, and remember to remove the dry ice from the freezer once the power is restored.

Food poisoning and food spoilage are caused by different bacteria. Food that has become tainted by food poisoning bacteria cannot be detected by sight, smell, touch or taste. Do not taste questionable food. When in doubt, throw it out.

For more information on food safety, visit

www.fda.gov/food/resources-you-food/consumers