...es clean water ...ou healthy?

...use water in many ...ays, and in many of ...ese uses it's important ...r the water to be clean. ...f course, the water you ...rink needs to be free of ...r you to avoid illness.

But water itself can also help you to ward off infection. You use water to wash or rinse away germs that could be harmful. Doctors and nurses need water to wash their hands before treating patients so that they don't transfer germs to them.

Three to five minutes should be enough.
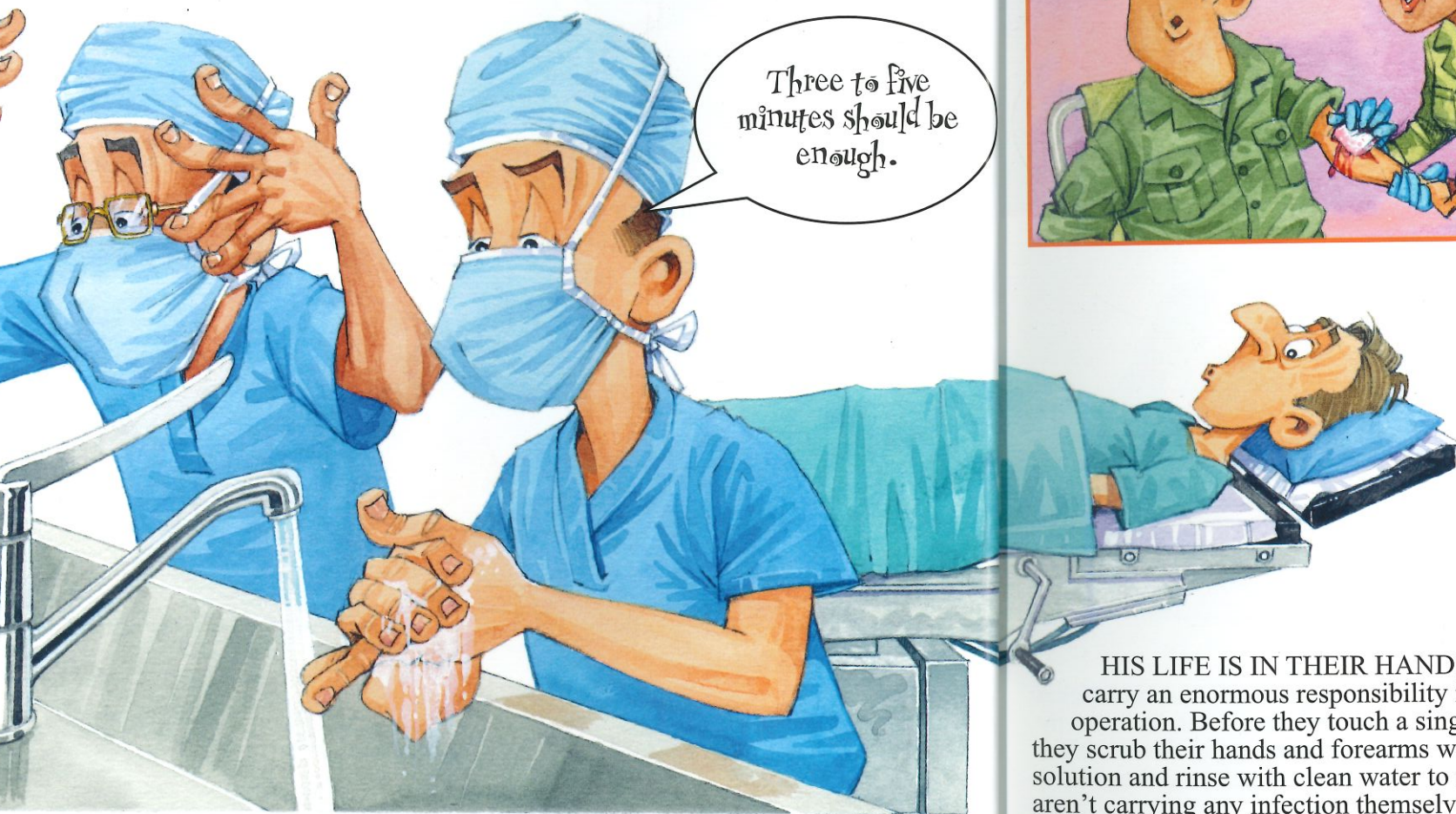
STAYING CLEAN does more than just help us to feel good. Washing well and then rinsing with clean water is an important part of personal hygiene.

TREATING WOUNDS. The first step in treating any wound is to clean it with pure water to remove anything that might interfere with healing.

SEWERS REMOVE WASTE from towns and cities just as toilets remove waste from your house. Harmful substances flow away in the water.
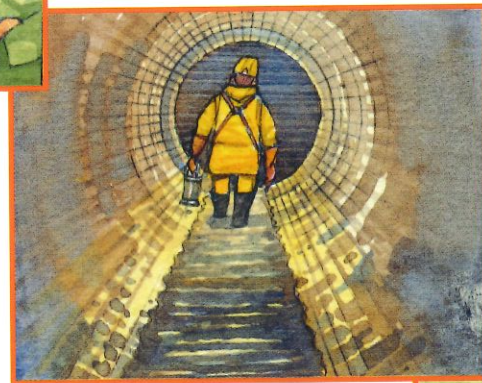
HYDROTHERAPY is a form of medicine that uses water (*hydor* in Greek) for pain relief – for both humans and animals.

HIS LIFE IS IN THEIR HANDS. Surgeons carry an enormous responsibility in any medical operation. Before they touch a single instrument, they scrub their hands and forearms with a special solution and rinse with clean water to make sure they aren't carrying any infection themselves.

Top tip

Bits of food can stick to your teeth, or between them, after you've finished eating. Acids form when these bits mix with plaque (a sticky substance on the teeth). Those acids eat away at your teeth. Regular brushing – which includes a good rinse with water – washes away this harmful acid.

11