



e-Newsletter

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A person can live about a month without food, but only about a week without water.

Source: United States Environmental Protection Agency (EPA)



Questions about your well?
Contact the wellcare® Hotline at
1-888-395-1033 or visit
www.wellcarehotline.org.

Staying Healthy This Flu Season & Beyond

You probably know that water plays a role in keeping you healthy, but just how big a role water plays in your health may surprise you! Consider this: According to the U.S. Geological Survey, your body is 60% water. Water makes up nearly 90% of human lungs, 82% of human blood and 70% of the human brain!

Water regulates body temperature, carries nutrients and oxygen to cells, cushions joints and protects organs and tissues. Water also plays a key role in the prevention of disease.

When it comes to the common cold or the flu virus, the best treatment is prevention. To prevent the flu and colds, wash your hands frequently, and keep household surfaces free of germs and viruses.

Perhaps the most important and easiest form of cold and flu prevention is sufficient fluid replacement. Fluids, especially water, flush out harmful impurities and toxins in our bodies and aid in the production of mucus. Drinking plenty of water can help build up the body's immune system, allowing us to stay healthy throughout cold and flu season.

When suffering from a cold or the flu, drinking water can help you feel better. The body uses more fluids than usual when fighting off a cold or the flu, and dehydration can lead to high fever. Replacing these fluids with water or other clear beverages can help your body heal more quickly.

wellcare® Tips: Leaving for the Winter? Protect Your Well

If you own a vacation home with a private water well, there are steps you should take to protect it during the cold winter months when the home is unoccupied. When reviewing the following tips, keep in mind the climate in the area and how long you will be away. Household water systems vary greatly and these processes can be complex, so WSC recommends that you contact a local water well professional for assistance.

When outside temperatures drop, water left in pipes can freeze and burst. The following steps will help prevent this from happening:

- If possible, drain all water from the system. Turn off the well pump, if above ground, and disconnect it from power.
- Drain the pump and pressure tank, if above ground.
- Pour nontoxic antifreeze into each sink or tub drain.*
- Open all faucets and valves to allow all lines to drain to the lowest point in the system. In a more complex system, the lines may need to be blown out with compressed air. If you don't have a drain in the lowest part of the plumbing system, contact a plumber to add such a drain valve.

Please see *Winter* on page 2



Winter from page 1

- If you choose not to have the water lines drained, nontoxic antifreeze can be added to them.*
- Maintaining the heat in the home may also make it unnecessary to drain water pipes. However, bear in mind that electrical outages may occur in rural areas and allow the pipes to freeze.
- You will also want to winterize water-using appliances. For more information, visit <http://learningstore.uwex.edu/pdf/B3359.pdf>.
- Lastly, if the home has a water softener or other water treatment equipment, you should turn it off before leaving the home for the winter. Visit www.inspect-nyc.com/plumbing/Water_Softener_Winterize.htm#bannertop for more information.



*Upon returning to the home, the water lines should be flushed for 15 minutes to remove all traces of the antifreeze.

Environmental Corner: Tips to Save Water Indoors

According to the U.S. Environmental Protection Agency (EPA), the average American household uses about 107,000 gallons of water each year. Water conservation saves money by reducing wear and tear on your well. Follow these tips to conserve water in your home:

- Repair faucets to eliminate leaks in the kitchen and bathrooms.
- Install retrofit devices on faucets to reduce flow.
- Repair toilets to eliminate leaks.
- Install water displacement devices in toilet tanks to reduce flow.
- Replace old toilets with new low-volume toilets, and install high efficiency appliances, such as the clothes washer and dishwasher.
- Turn off the tap when brushing teeth, shaving or scrubbing dishes and save more than 5 gallons a day per person.
- Use the sink, not running water, to rinse your razor.
- Don't use the toilet as a wastebasket.
- Take shorter showers.
- Keep a pitcher of drinking water in the refrigerator, rather than running the tap.
- Run the clothes washer and dishwasher only with full loads.

SPREAD THE WORD!

Do you know other well owners who should join our network? Ask them to sign up today at www.watersystemscouncil.org!

The largest use of household water is to flush toilets, and the second largest is for showers and baths.

Source: United States Geological Survey (USGS)

Kids Corner: Word Scramble

Can you unscramble these water words? Use the picture clues to help.

Answers appear at the bottom of this page.

- tarwe _____
- nria _____
- vrire _____
- keal _____
- lceyc _____
- cie _____
- conae _____
- pavro _____
- cdulo _____



Bonus word: wetland

Answers: water, rain, river, lake, vapor, cloud, ice, cycle, ocean, lake, river, rain, vapor, cloud

Bonus word: edntwal _____



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