



Guidelines for households

All water used for drinking and cooking must be boiled for at least 5 minutes.

- if water boils or is boiled for 5 minutes during cooking, it is not necessary to boil it separately beforehand.
- the water does not boil hot enough in a coffee maker or kettle.
- the water used to dilute juice must also be boiled.
- ice cubes should not be made from uncooked water.
- vegetables and salads can be rinsed with boiled and cooled water.
- water dispensers connected to the main water supply should not be used.

Washing laundry:

Laundry can be washed when the chlorine smell is normal and the water is not turbid, or colored.

Dishwashing:

Dishes can be washed if the water is not turbid or colored. The hottest washing programme is recommended. When washing up by hand, boiled water is recommended, at least for rinsing.

Allow washed dishes and other utensils to dry thoroughly before use.

Washing:

Water can be used for washing, including the diaper area of small children. The face can be washed, but you should avoid getting a lot of water in the mouth and eyes. Wounds, etc. should be washed with boiled water and disinfected. When brushing your teeth, it is recommended to use boiled water.

Cleaning and flushing the toilet:

Water can be used as normal. Boiled water should be used when cleaning food contact surfaces.

During intensive chlorination (chock-chlorination):

Information on intensive chlorination is always provided in advance. During intensive chlorination, water may not be used for other purposes than flushing toilets. The water must be let to run (both hot and cold water) from all water points according to the instructions of the water supplier, so that the water pipes in the buildings are also cleaned with chlorinated water. The running time is usually a few minutes or until the water starts to smell strongly of chlorine. The chlorinated water should thereafter remain in the waterpipes according to the water supplier's instructions to have the expected effect. The taps are turned off overnight unless the water supplier have instructed otherwise.

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Guidelines for kitchens and grocery stores

Food preparations:

Only boiled water can be used in cooking, especially when preparing/washing vegetables, salads and fruit. It is recommended to use industrially cut and prepared salad. Water from the main supply can be used for cooking if the water boiled for at least 5 minutes (for example soup, pasta, potatoes). Whenever possible lightly cooked food or ready meals should be used.

Appliances connected to the main water supply:

- Steam ovens should be used without steam function if it is not certain that a cooking time of 5 minutes is achieved.
- Coffee machines directly connected to the main water supply shall not be used. Coffee should be prepared from boiled water.
- water dispensers shall not be used.
- ice machines including ice crushers shall not be used.
- postmix machines should not be used.
- Warm water bath: Boiled water should be used to due to the cross-contamination risk.

Cleaning:

- Particular attention should be paid to cleaning of food handling areas.
- Work surfaces and equipment that come into contact with food should be cleaned with boiled or bottled water and should be disinfected if necessary.
- Doors and doorhandles to fridges and freezers should be cleaned more efficiently (several times per day) to avoid contamination via hands.
- Boiled or bottled water should be used for diluting the disinfectant.

Dishwashing

Dishes can be washed in the dishwasher like normal if the water looks normal (not turbid or colored), the dishes must be dried thoroughly before they are used again. Disposable tableware can be used if necessary.

Hand hygiene

Hand hygiene is important in these types of situations. The hands can be washed with soap and tap water. The hands should be dried carefully after and disinfected. The use of disposable gloves is recommended.

In case of illness

It is a good idea to discuss symptoms and work tasks with the occupational health service if an employee has symptoms of gastric illness. Special attention should be paid to hand hygiene when returning to work.

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Grocery stores

- Ice machines connected to main water supply cannot be used.
- The service counter shall be cleaned with e.g. disinfectant detergent. The water used for cleaning must be boiled. The use of the service counter shall be restricted if it is not possible to maintain adequate hygiene.
- If you use a meat grinder, the grinder should be washed with boiled water. The use of the meat grinder should be avoided if the cleaning of the meat grinder cannot be done sufficiently enough.

Bazaars

- Only the production of baked goods is allowed.
- Production must comply with the restrictions that has been informed.
- Stomach illness must not be present in the vendors' families.

When starting to use appliances when the notice to boil water has been withdrawn:

Combination ovens:

Steam cooking on for one hour.

Pressure cookers:

Appliance on at full pressure for half an hour.

Coffee makers connected to mains water:

Boiled empty several times.

Beverage vending machines:

The person responsible for maintaining the vending machines cleans them.

Water distributors in lines

- activated carbon filters must be changed.
- water should flow through for some time.

Other equipment:

Surfaces that come into contact with food shall be cleaned with a sanitizer.

Dishwashers:

Treatment with disinfectant detergent, after which the machines can be used.

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Instructions for other establishments

Hairdressing salons

If the water is sensory (appearance and smell) normal, it can be used for hair washing. Chlorine can be harmful in combination with permanent and coloring agents. In addition, chlorine and flushing of the network can release iron from the pipe system into the water. In case of intensive chlorination (chock-chlorination), the water from the pipe network cannot be used.

Dentists:

Devices permanently connected to the pipe network cannot be used.

Practitioners performing skin procedures:

- Devices permanently connected to the pipe network cannot be used for activities involving intervention of the skin.
- Water that may come into contact with damaged skin should be boiled for at least 5 minutes.

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