



# The Great Cascadia Zombie Survival Challenge

COVID-19 Edition: Water Challenge

Step

1

## Why Drink Water?

Drinking water does more than just quench your thirst — it's essential to keeping your body functioning properly and feeling healthy. Nearly all of your body's major systems depend on water to function and survive. You'd be surprised about what staying hydrated can do for your body.

Here are just a few important ways water works in your body: 1) Regulates body temperature 2) Moistens tissues in the eyes, nose and mouth 3) Protects body organs

and tissues 4) Carries nutrients and oxygen to cells 5) Lubricates joints 6) Lessens burden the on kidneys and liver by flushing out waste products, and 7) Helps dissolve minerals and nutrients to make them accessible to your body.

While there is no scientific evidence that keeping your mouth moist will prevent the COVID-19 infection, staying hydrated can help keep your immune system healthy.

Step

2

## Hydration, How Much?

Every day you lose water through your breath, perspiration, urine and bowel movements, which is why it's important to continue to take in water throughout the day. For your body to function at its best, you must replenish its water supply with beverages and foods that contain water.

The recommended daily amount of fluids is:

- 5-8 oz glasses for 5 to 8-year-olds
- 7-8 oz glasses for 9 to 12-year-olds
- 8-10 oz glasses for 13+ years

You should drink more water when you're exercising or on a hot day. We often don't feel thirsty even when our bodies need fluid, so it's a good idea to drink water regularly throughout the day.

Staying hydrated helps keep your body functioning at its peak.

**Draw a water tracker and track your water intake for a day. How did you do? Now try for a week.**

Order your Zombie rocker sets online at the [Girl Scouts of Western Washington store](#).



# The Great Cascadia Zombie Survival Challenge

COVID-19 Edition: Water Challenge

Step

3

## Don't Like Water? Try This

Not everyone likes to drink water. Here are some ideas to get water in your body.

- Choose a special water bottle or put 5-8 hair ties or rubber bands around the water bottle and, as you drink it, move the bands to the bottom.
- Add some SPARKLE! **Try a seltzer or bubbly water.**
- Flavor it up! **Add a chunk of fresh or frozen fruit (grapes, orange, or pineapple), a slice**

**of cucumber, or a sprig of mint.**

- Give it a SPLASH! **Add a splash of your favorite 100% fruit juice or make a flavored ice cube.**
- Eat your veggies (and fruits)! Most are high in water content, some up to 95% water.
- Think about soup. **Try a cup of broth. With your family, make a soup together.**

**Keep track of your favorites. Did they help you get your water intake up for the day?**

Step

4

## What is a Boil Water Advisory

If your local health authorities issue a **boil water** advisory, you should use bottled water or boil tap water because your community's water is, or could be, contaminated with germs that can make you sick. Advisories may include information about preparing food, beverages, or ice; dishwashing; and hygiene, such as brushing teeth and bathing. Standard recommendations usually include this advice:

- Use bottled or **boiled water** for drinking, and to prepare and cook food.
- If bottled water is not available, bring **water to a full rolling boil for 1 minute**, then allow it to cool before use.
- Boil tap water even if it is filtered.
- Do not use water from any appliance connected to your water line, such as ice and water from a refrigerator.
- In most instances, you can use tap water to wash your hands—use soap to wash for at

least 20 seconds and rinse well.

- Brush your teeth with bottled or boiled water.
- Most dishwashers use hot enough water to sanitize. If you are hand washing dishes or want to be safe due to immunocompromised folks in your house, disposable is always best.
- It is generally safe to wash clothes.
- Don't forget your pets need bottled or boiled water, too.

**How much water do you have stored for emergencies? The rule of thumb is 1 gallon per person/pet per day for 14 days. Using glass bottles or juice/soda (not milk) plastic bottles that are clean, make your own emergency water stash. Fill them with tap water, seal them tightly, and store them for later. This water stash can last up to six months.**