

# Flush your **TAPS**



Some plumbing fittings have the potential to allow minute traces of metals to accumulate in water standing in the fittings for several hours.

Although the health risk is small, the Ministry of Health recommends that you flush a cupful of water from your drinking tap each morning before use to remove any metals that may have dissolved from the plumbing fittings.

We are recommending this simple precaution for all households, including those on public and private water supplies.

**Director-General**  
**Ministry of Health**

