

家中的飲用水，真的安全嗎

Is Domestic Drinking Water Safe

水是生命之源，是維持我們身體運作及保障健康的重要元素。關於家中的飲用水安全，你又知道多少呢？

Water is crucial to our health and plays a vital role in helping us to maintain proper body functioning. A lot of questions have been raised about the quality of water that comes through our taps at home – so just how safe is it?

Q 家中食水經過水務署處理，一定安全可靠？
Is water from taps at home safe to drink?

A 否。雖然香港的自來水經過濾水廠消毒處理，但是食水在輸送過程中，有機會受到不同污染，如水管老化、破裂或接駁喉管出現銹蝕，又或者大廈天台水箱欠缺清潔等，均可能對自來水造成二次污染。
No. While Hong Kong's water supply goes through a rigorous treatment process to ensure the water quality is fit for drinking, water may be contaminated during the transportation process. Furthermore, aging water pipes, cracked or rusted tubes, and inadequate cleaning of water tanks can all result in water becoming polluted.

Q 看起來純淨透明的食水，便乾淨無污染？
Domestic water looks clean and pure – is it pollutant-free?

A 否。大部分有機化合物及無機化合物(如重金屬)均無色無味，水中亦可能潛藏著各種看不見的病毒和細菌，所以看起來純淨透明的自來水也可能含有不少污染物質。
No. Most organic compounds and inorganic compounds (such as heavy metals) are colorless and odorless, plus there may be various invisible viruses and bacteria in the water. The pure and clear tap water you see may actually contain different pollutants.

Q 水煮沸後，便能安心飲用？
Is boiled water safe to drink?

A 否。大部分地區在進行水質消毒時，都會使用氯氣等消毒劑，煮沸後氯氣會揮發，同時有機會產生致癌物質三鹵甲烷。另外，重金屬、有機污染物與雜質等並不能透過煮沸去除。
No. The chlorine added to drinking water to disinfect and kill germs may be eliminated when the water is boiled, but at the same time trihalomethane, a known carcinogen, may be produced. In addition, heavy metals, organic pollutants and impurities cannot be removed by boiling.

Q 飲用樽裝蒸餾水更衛生健康？
Is drinking bottled distilled water more hygienic and healthier?

A 未必。樽裝水在開封飲用後，樽內的細菌會迅速滋生繁殖，必須盡快飲用。而樽裝水中的塑膠微粒遠高於自來水，或會釋出有害物質，加上蒸餾水不含人體必需的礦物質，長期飲用亦有可能影響身體健康，更會製造大量塑膠垃圾，極不環保。
Not really. Once bottled water is opened for drinking, the bacteria inside will breed rapidly and it needs to be consumed as quickly as possible. In addition, there is a higher presence of plastic particles in bottled water than in tap water, and it may release harmful substances that can affect our health. Also, distilled water does not contain minerals that are essential for the human body, which could affect our health if consumed over the long term. More importantly, bottled water results in a large amount of plastic waste that is not friendly to the environment.



不應飲用「隔夜」水

Don't drink "overnight" water

長期停留在水管內的水有機會積聚沉澱物。當水管長時間靜止後，建議放水最少兩分鐘才使用。

Water that sits in the pipe for a long time may show an accumulation of sediment. It is suggested to let the water run for at least two minutes before using it.

檢視大廈有否進行定期檢查和保養供水系統

Check the water supply system

所有供水系統設備應定期檢查及維修，最少每三個月進行清潔及消毒儲水箱。

All water system equipment should be regularly inspected and maintained, and water storage tanks should be cleaned and disinfected at least every three months. Check with your building management on the maintenance of your water supply system.

飲水安全小貼士 Tips for Drinking Water Safely

定期清潔水龍頭

Clean taps regularly

水龍頭經長期使用後，會積聚大量污垢並滋生細菌，需定期保持清潔，否則容易引致異味及影響水質。

Dust and bacteria can accumulate on taps over time. To ensure safety and better water quality, it is recommended to clean taps regularly.

選用值得信賴的淨水器

Choose a reliable water purifier

並非所有淨水器都能有效去除食水中的污染物，建議挑選獲得NSF認證的淨水器。NSF是美國國家衛生基金會的簡稱，是提供有關水質和食品安全產品認證和測試的機構，並獲世界衛生組織(WHO)指定為全球飲用水安全與濾淨合作中心，是國際權威認證。因此，獲得NSF認證的淨水器絕對值得信賴。

Not all water purifiers can effectively remove contaminants from drinking water, so it is recommended to choose a water purifier that is National Sanitation Foundation (NSF)-certified. NSF provides certification and testing services for water quality and food safety and has been designated by the World Health Organization as a global drinking water safety and filtration cooperation center. NSF provides authoritative certification that is recognised internationally, so water purifiers certified by NSF are trustworthy.

eSpring™智能淨水器 為你 and 摯愛家人提供安心可靠的清純淨水

eSpring™ Water Purifier Safe and Pure Water for You and Your Family

- 採用「活性炭+紫外線」二合一濾心，有效濾除水中160種以上有害污染物及可殺滅食水中99.99%的病毒及細菌
- 智能監測系統，配備智能晶片及顯示器，清晰記錄濾淨量
- 獲得美國國家衛生基金會NSF多項認證，包括第42、53、55、401四項全機認證，更通過P473及P477檢測
- 保留鈣、鎂等對人體有益的礦物質，大幅改善食水味道，口感甘甜清純
- The two-in-one carbon-block UV filter is effective in removing more than 160 contaminants and 99.99% of waterborne bacteria and viruses
- Smart chips keep track of the UV lamp and filter while an LED display lets you know when the filter needs to be replaced
- Certified by NSF International for all components to meet four major water quality standards including Standard 42,53,55 and 401 and passing the P473 and P477 protocols
- Retains beneficial minerals such as calcium and magnesium which are beneficial to the human body. The taste of drinking water is also greatly improved

