



Iowa Department of Public Health  
Environmental Health

## Recommendations for Water Consumption

Individuals involved in physical activity or are exposed to excess heat may need to consume 2 gallons of water or more per day/2-4 eight ounce glasses per hour.

If an adequate supply of pure water is not available, it may be necessary to limit water consumption (and physical activity) to the following amount per person per day:

- Drinking and cooking: one gallon
- Personal cleanliness: one gallon
- Laundry and dishwashing: two gallons

If the above amounts of water are not available severely limit physical activity and move to an air conditioned facility and a minimum of two gallons per person per day should be rationed for drinking and personal cleanliness only. Any "extra" water should be conserved for laundry and dishwashing.

Note: Individual hydration needs vary dependent upon overall health and physical activity, these are average recommendations for healthy adults.

*Source: Disaster Field Manual for Environmental Health Specialists. Carmichael, CA: California Association of Environmental Health Administrators, 2005.*