

Protect your health, treat the water!

Solar water disinfection - the SODIS method - is a simple procedure to disinfect drinking water. With SODIS you can avoid diseases like diarrhoea, cholera or typhoid.



1 Take a PET bottle. Remove the label. The bottles must be clean, unbroken, transparent, colourless or with a bluish tinge and with a volume of less than three litres.



2 Fill the bottle with water and tighten the lid.



If the water is very turbid, it must be filtered.



3 Expose the bottle to the sun, morning to evening for at least 6 hours. During this time, the UV-radiation of the sun kills diarrhoea generating pathogens. If more than half of the sky is covered with clouds, the bottle must be placed in the sun for two consecutive days.

4 The water is now ready for consumption. The treated water should be kept in the bottle to prevent recontamination.



The World Health Organisation (WHO), UNICEF, and the Red Cross therefore recommend the SODIS method as a way to treat drinking water in developing countries.