

Progress Monitoring Probe 1

Another Kind of Water Safety

Suppose you're hiking with friends on a hot summer day, and you come to a sparkling stream of clear, cool water. The water in the stream looks so inviting, and you suddenly realize that you're thirsty. Should you take a drink from the stream?	10
The answer is as clear as the stream water: don't drink it!	22
Most freshwater isn't safe to drink, even if it looks pure. Most mountain and forest water contains microorganisms—tiny living things—that you can't see but that can make you sick.	33
Your safety is optimized if you take your own water with you on outdoor adventures. If you can't carry all the purified water you'll need, though, you have some viable alternatives.	44
You can boil freshwater to make it safe to drink. Boiling kills the harmful microorganisms, but it may not remove all toxins or dangerous chemicals from the water. It also requires that you carry heavy equipment such as a pot, a stove, and fuel.	56
You can also take along chemicals that kill germs in water.	68
These chemicals make the water safe to drink, but they often give it a bad taste. Another method for purifying freshwater is to use filters, but experts caution people to choose carefully since not all filters make water absolutely safe to drink.	75
If you find yourself running out of water, you can conserve your "inner water" by staying out of direct sunlight, by covering your skin so that you don't lose as much water through perspiration, and by wearing a hat. Don't eat salty snacks, because these will increase your thirst.	87
In an emergency, if you have to drink untreated water, avoid water that is near shores. Drink from an upstream source of	98
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water, if one is available, and beware of shallow water or water that has a bad odor. If you develop a stomachache a few days or weeks after drinking untreated water, visit a doctor to find out if you caught a disease from drinking contaminated water.	298
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Total words: _____ errors: _____ = words correct: _____

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