## Storing Water For Emergencies

How Much Do I Need?

## At least one gallon per person per day

This is an estimate - everyone's needs will differ, depending upon age, physical condition, activity, diet and climate. A normally active person needs to drink at least two quarts of water each day. Hot environments can double that amount. Children, nursing mothers and ill people will need more. You can minimize the amount of water your body needs by reducing activity and staying cool. You will need additional water for food preparation and hygiene, and don't forget your pets!

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Learn more by visiting

## UNIVERSITY OF GEORGIA EXTENSION

