



## H2O QUALITY

THE FREE APP THAT  
ALLOWS YOU TO CHECK  
THE QUALITY OF WATER  
WHEREVER YOU ARE



# EPAL's WATER

## Water and Hydration



### EPAL PHONE NUMBERS

24h per day, every day

**Customer Help Line** | 213 221 111  
(cost of a call to the national fixed network)

Free phone call **Communication of meter readings** | 800 201 101

Free phone call **Loss of supply** | 800 222 425

Free phone call **Report a burst pipe in the street** | 800 201 600

**Fax** | 213 251 397

**EPAL site** [www.epal.pt](http://www.epal.pt)

**EPALnet**

**myAQUA**

### EPAL SHOPS

#### EPAL Shop in Restauradores - Headquarters

Avª da Liberdade, 24 1250-144 Lisbon

from 8:30 am to 7:30 pm every working day

#### EPAL Shop in Laranjeiras One Stop Shop

Edifício Atlanta II, Rua Abranches Ferrão, 10-C

1600-001 Lisbon

from 8:30 am to 7:30 pm Monday to Friday

and 9:30 am to 3:00 pm Saturday

### BY POST

Commercial Department - Headquarters

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## DRINK WATER, STAY HYDRATED EVERY DAY

### Water is essential to life.

With advancing age, people lose the sensation of thirst and do not feel the need to drink water, leading to lower consumption than is necessary.

Insufficient water can influence the functioning of vital organs, in particular the kidneys, and drinking it frequently is fundamental to the proper functioning of our organism.

Medication can also lead to dehydration, so be extra careful.

In summer, with an increase in temperature, the need to drink water increases as fluids are lost during the day. If not properly replenished, it can lead to dehydration.

### Look out for the main symptoms of dehydration

- Headache, fatigue, muscle weakness and dizziness
- Difficulty in concentrating
- Dryness of mucous membranes that causes difficulty in swallowing
- Sudden drowsiness, falls, irritation or agitation
- Tachycardia and low blood pressure
- Poor functioning of the bladder and kidneys
- Dryness and stiffness of the skin (does not return to place after being pinched)

### Did you know that water is your thirst's best friend?

#### Drink water daily and several times a day

- Keep a jug or other recipient of fresh water near you during the day, for example at the kitchen door or by the side of the television
- At night keep a jug on the bedside cabinet and remember to drink water before going to sleep and as soon as you waken up
- Always take a bottle of water when you leave the house or go for a walk
- Drink water before, during and after physical activity to help maintain energy levels
- Keep a bottle of tap water in the fridge as the low temperature helps to neutralise the chlorine smell or taste, or add a slice of lemon or a mint leaf
- If necessary, set your alarm clock or mobile phone alarm for a time to drink water

Water is the main ingredient of all drinks but drinking tap water is the most accessible and sustainable way.

