

### Avoiding Some Current Fads

**A fad is an intense and widely shared enthusiasm for something. Most fads are short-lived and little thought is given if these fads or crazes are harmful or dangerous.**

**I would like to discuss two current fads you might have heard about or know of. Please be very careful when participating or pursuing something that could cause damage to you or others. Parents take some time to discuss these fads with your children so they can make some healthy choices if faced with one of these challenges.**

**Fad #1: Consuming Raw Water: Water is essential for life. So access to safe water is critical for all forms of life. As 2018 begins, a new food fad is spreading to drink “raw water”, or untreated water. People are literally buying it at a premium cost.**

**Proponents of this dangerous trend claim it has beneficial minerals and is not treated with any chemicals. Those drinking this water claim their “skin is plumper” and they feel they are getting better nutritional value from food.**

**This fad is dangerous for many reasons. Here are five dangerous microorganisms that can be found in untreated water:**

**\*Giardia—a parasite that invades the gastrointestinal (GI) system and causes diarrhea, nausea and stomach cramps.**

**\*Cryptosporidium—a parasite that causes diarrhea and can survive outside of the body for a long time.**

**\*Campylobacter—a bacteria that affects the GI system and is resistant to many antibiotics.**

**\*Salmonella—causes diarrhea, fever and cramps for days. Hospitalization is common.**

**\*E. coli—many strains can cause GI disease, urinary tract infections, pneumonia and more.**

**Fad #2: People Biting or Eating Laundry Detergent Packets. The American**

## **Cleaning**

**Institute issued warnings concerning this latest disturbing fad that is on the Internet. The message is simple: liquid laundry packets should only be used in washing machines to clean clothes. They are not a toy and should not be used in pranks or challenges.**

**Younger children could mimic this irresponsible behavior as viewed on the Internet and cause serious harm if laundry packets are ingested or come in contact with eyes or the skin. These are not for human consumption nor are they toys to be played with.**

**Like all household cleaning products, they must be used properly and stored safely. Safety is no laughing matter.**