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**HOT TIPS #122** DATE 03/24/2021

Please copy and distribute to ALL physicians at your location.

**Non-Viral hepatitis associated with consumption of “Real Water” alkaline water**

The FDA, along with the CDC and the Southern Nevada Health District is investigating a number of reports of acute non-viral hepatitis in the state of Nevada. Epidemiologic investigation indicates the consumption of “Real Water” brand alkaline water is the only common link identified among the cases and may be the cause of the illnesses. This brand of alkaline water is owned by Real Water Inc., headquartered in Mesa, Arizona. Additional products may be connected to the outbreak as a result of the ongoing investigation.

Ventura County Public Health is investigating two possible cases of hepatitis associated with “Real Water” consumption.

**Recommendations for Medical Providers**

- Consider “Real Water” consumption in your differential diagnosis of acute hepatitis.
- Report suspected or confirmed cases of non-viral hepatitis to Ventura County Public Health Communicable Disease Office (VCPH CD) within 24 hours by phone at 805-981-5201, or by Confidential Morbidity Report (CMR) at (Fax) 805-981-5200 or through our website at [http://www.vchca.org/images/public\\_health/For\\_Hlth\\_Care\\_Providers/CMR\\_2020-11-05\\_RE.pdf](http://www.vchca.org/images/public_health/For_Hlth_Care_Providers/CMR_2020-11-05_RE.pdf)
- Advise patient with acute hepatitis to save their “Real Water” in case it is needed for further study.

**Recommendations for Disposition of “Real Water” alkaline water**

- Consumers, restaurants, and retailers should not drink, cook with, sell, or serve “Real Water” alkaline water until more information is known about the cause of these illnesses.
- This product is packaged in 5-gallon containers (sold through home delivery/subscription), bottles (sold on-line and in stores), and the “Real Water” concentrate (sold on-line). It is also sold in 1 gallon, 500 mL (16.9oz.), 1 liter, and 1.5 liter plastic bottles and in a 750 mL glass bottle.
- The 5-gallon containers are delivered to homes in the following areas, according to the firm’s website:
  - Honolulu, HI through Aloha Water
  - Orange County, CA through Paradise Bottling Company
  - St. George, UT through Real Water Southern Utah
  - Tucson, AZ through Aqua Pure
  - Ventura and Santa Barbara, CA through Real Water Gold Coast

**Symptoms of all types of hepatitis, including non-viral hepatitis, are similar and can include:**

- Constitutional symptoms: Fever, fatigue
- Abdominal symptoms: Abdominal pain, nausea and/or vomiting, anorexia
- Musculoskeletal symptoms: Joint pain
- Hepatitis-specific symptoms: Dark urine, clay or gray-colored bowel movements, jaundice

This bulletin is intended to improve the public health in our county by keeping physicians and nurses informed of noteworthy diagnoses, disease trends and other events of medical interest. Another goal of a public health department is to educate. We hope that you will use this information to increase your awareness. Please allow us to continue in our role of speaking to the press so that we may maximize the educational message to the benefit of all citizens of Ventura County.

**Communicable Disease Office**

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