## Harmony Foundation Tips for Healthy Living















# Quick and Easy Tips for Water Conservation and Protection

Without water, life cannot exist. Today, nearly one billion people lack clean water, and more twice that many don't have access to proper sanitation. The UN estimates that by 2025, forty-eight nations, with combined population of 2.8 billion, will face freshwater "stress" or "scarcity".

## 1. What Is Water Conservation?

Water conservation is the management of water so as to eliminate waste and maximize efficiency of use.

## 2. Showers and Baths

Take shallow baths or short showers, and use a water-efficient showerhead.

## 3. Washing Dishes

Soak pots and pans before washing. When washing dishes by hand don't keep water running.

## 4. The Bathroom

Bathroom use accounts for about 65 percent of the water used inside the home. Check regularly for any leaks and fix them as soon as possible. Put water filled plastic bottle in tank to reduce water required for flushing.

#### 5. Toilet Update

Replace older, larger-use toilets with the newer Ultra-Low flush models or Dual-Flush toilets to save water.

## 6. Tap Off

Turn the tap water off while brushing your teeth, shaving, or washing your face. By doing this, you can save 4-8 liters of water each time.

## 7. Washers

When buying a new clothes washer, consider a water-saving model. New horizontal axis models can save up to 40% of the water used by a conventional model.

#### 8. Car Wash

Use a bucket with a sponge plus a trigger nozzle on the hose. It will save you about 300 liters water. Commercial car washes waste water; find one that filters and processes the waste water.

#### 9. No Need to Change Every Day

About 30% household water consumption is for the clothes washer. Change your clothes when they are dirty.

#### 10. Multiple Water Usage

Collect grey water at home for house cleaning. For instance, use bath water to flush toilet, mop floor, and clean up; use water from rinsing rice to water plants....etc.



#### 11. Be Informed

Educate yourself on your city or municipality's water resources, local watershed and treatment system.

## 12. Store/Dispose Toxins Properly

Store and dispose of household chemicals properly. Toxic products should never be poured down drains, storm sewers, nor placed in the garbage.

## 13. Regular Car Maintenance

Check cars for fluid leaks and recycle motor oil to reduce water contamination. Fluids on pavement will be washed into surface water .during rainstorms

## 14. Do Not Litter!

Never pour anything down storm drains and don't litter.

## 15. Use Eco-Friendly Detergent

Try washing dishes with hot water; if the dish is too oily, try using baking soda in hot water to clean it. Choose phosphate-free laundry detergent powder.

## 16. Stoop'n Scoop the Poop

Pet feces on sidewalks, streets and parks will be washed into surface water during rainstorms or snow-melt. Always clean up your pet's feces and dispose with your trash.

#### 17. Be Involved

Take action to prevent contamination in your own home and in your community.

#### 18. Be Observant

Be aware of activities going on in your community; report chemical spills, unusual odors from your water, and suspicious activity around water sources to the appropriate agency or authority.

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