

# **Water Conservation**

## **How to become “Water Wise”**

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Approximately 67% of the human body is water. Water is important for healthy bones, a healthy brain and for our blood. It also helps with digesting food. Further, water is important to eliminate waste from our bodies. A supply of clean water is essential to keep each person alive and healthy.

Water conservation is important worldwide. Humans, plants, animals, trees and fish depend on water to survive. Salmon is an excellent example of a species that is severely threatened because of the inadequate supply of clean, cold water. The efficient use of water is very important in maintaining a healthy, safe and clean environment.

Water is also used for:

- Growing food crops in agriculture
- Generating hydroelectric power in dams
- Fighting fires in forests and cities
- Landscaping
- Heating and cooling of homes and offices
- Manufacturing products
- Providing the public with opportunities for fishing, swimming and other recreation.

## **Water Conservation Inside the Home**

### **In the bathroom.**

- Remember that water is used every time the toilet is used. Don't use the toilet as a trash can.
- Check the toilet for any leaks. Put food coloring in the tank water or use another method to help detect leaks. If the color shows in the toilet water, then there is a leak that needs to be repaired immediately.
- Reduce the amount of water used every time the toilet is flushed by installing a low-flow toilet or other means of reducing the amount of water wasted. A plastic bottle full of rocks and water can be used. *Never use a brick.*
- Inspect the faucets and pipes for water leaks. Remember that a leak can waste 20 gallons of water or more per day.
- Don't let the water run while you are brushing your teeth or shaving. Use a glass of water to clean your razor blade.
- Install low-flow shower heads or take less time showering.

### **In the kitchen**

- Only use the dishwasher when it is full.
- Use both sides of the sink (when there are two) when hand washing dishes. Use one side to wash and the other to rinse. Don't wash the dishes with the faucet running.
- Install low-flow faucets with air relief vents.
- Keep a drinking water container in your refrigerator. This way, you don't let the water run while waiting for it to cool down.
- Wash all vegetables in a bowl instead of using running water. Later, you can use this water to water the plants.

## **Water Conservation Outside**

### **In the yard.**

- Grow grass only where it is really necessary, like in the children's play area. Outside, most water is used watering the lawn.
- You know your lawn needs to be watered when you can see your footprints after walking over it. Water your lawn early in the morning or at night. Avoid watering the lawn during the daytime or when it is windy.
- Install a drip irrigation system for a continuous and slow water supply to plant roots.

- Water your lawn only when needed. The frequency of watering depends on plant species and soil types.
- You should place a 2- to 4-inch thick layer of compost around trees and plants to prevent excessive evaporation.
- Keep your sprinkler system in good condition. Fix leaks and set the sprinkler heads to avoid watering paved areas or buildings.
- Add organic matter to the soil when planting. This improves the soil quality and decreases the need for water and fertilizers.

### **Outside cleaning.**

- Use a broom to sweep all paved areas. Don't use running water to clean these areas because it wastes water.
- Clean the gutters by hand instead of using running water.
- When using a hose to wash your car, use a shut-off nozzle along with a bucket with soapy water.