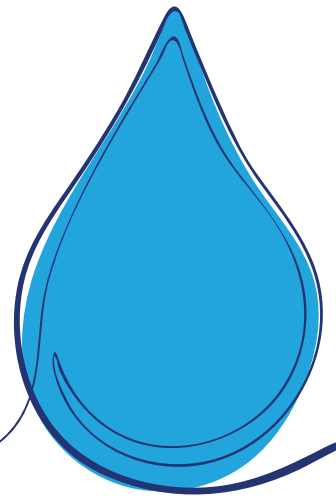


# WATER is LIFE

## Don't waste it



A tap left running gets through around 12 litres of water in just a minute. **If every person in Portugal wastes 1 minute of water per day, that's 120 million litres of water** wasted and that's enough to meet the basic daily needs of a million people.

Water is essential to life and deserves every bit of our attention. **Be more aware and avoid unnecessary waste.**

[portaldaagua.pt](http://portaldaagua.pt)

### Did you know...

A person needs 110 litres of water per day to meet their basic needs according to the United Nations. **In Portugal, each inhabitant gets through an average of 184 litres.**

When we turn on the tap, undertake our daily personal hygiene routines or domestic washing duties, we may not be aware of the water we're consuming. However, the quantities are actually the following:



#### SHOWER

**24 litres** in five minutes when closing the tap to apply soap. Under running water; a shower can get through **60 litres** of water.



#### FLUSHING THE TOILET

between **8 litres** (half-tank) and **15 litres** per discharge.



#### CLEANING TEETH

up to **36 litres** in just 3 minutes, with the tap left running.



#### WASHING HANDS

up to **4 litres** if leaving the water running for 20 seconds.



#### WASHING DISHES

around **12 litres** in a dish-washer. Washing by hand may get through **30 litres** (using a bowl) and **150 litres** (flowing water).



#### WASHING CLOTHES

between **38 and 80 litres**, depending on the machine and program chosen.



#### DRINKING WATER

Between **1.5 and 2 litres** per day is the medically recommended guideline.

# 10 TIPS FOR AVOIDING WATER WASTE.



**1 Make sure you turn off your taps properly.** A single tap left dripping may lead to the wastage of 30 litres of water per day.



**2 Take fewer and shorter showers and turn the tap off when soaping down.**



**3 Don't leave the tap running** when cleaning your teeth, washing your hands or shaving.



**4 Use the basin or a wash-bowl** when washing clothes or dishes by hand and avoid running water.



**5 Opt for domestic appliances that consume less water.** Only turn on dish-washers and washing-machines when **properly full** and choose **ECO program** settings.



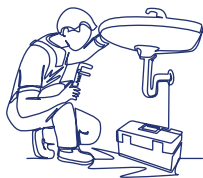
**6 Reuse water from washing** fruit and vegetables for watering the plants.



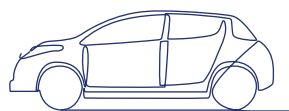
**7 Adapt your watering to the needs of the plants** and avoid excessive watering. Choose cooler times of the day to avoid water evaporation.



**8 Don't use the toilet as a rubbish-bin.** In addition to avoiding blockages, this also prevents unnecessary flushing.



**9 Pay attention to water leakages,** regularly check pipes and taps in your home and monitor your consumption levels through your water bill.



**10 Cut the frequency with which you wash your car.** When you do need to, choose a garage with recycling or low consumption systems.

## How can we further reduce our water consumption?

We may focus on cutting our indirect water consumption through choosing products that use water more efficiently in their production processes. This is termed "virtual water" and includes the water used to grow the food we eat and manufacture the products we use.

Have you ever thought about the quantity of water that goes into producing the clothing you're wearing, for example? Or how much water there is in each of the foodstuffs you consumed today?



1 car  
= 400,000 litres



1 pair of shoes  
= 8,500 litres



1 kg of apples  
= 820 litres



1 smartphone  
= 900 litres



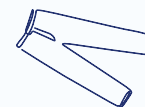
1 kg of beef  
= 16,000 litres



1 coffee  
= 140 litres



1 sheet of paper  
= 10 litres



1 pair of jeans  
= 10,000 litres

We cannot avoid consuming water even when we don't turn on the taps. However, we can be far more aware and choose more sustainable products and thereby contributing to the preservation of this priceless resource.