

慳水方法提醒你 Water Saving Tips

廚房 KITCHEN

冷藏食物應預早一天從冰格放在雪櫃內解凍，切勿在長開水喉下解凍。
Do not thaw food under running water. Let it defrost overnight inside the refrigerator instead.



洗碗碟或洗菜時，切勿長開水喉，應以水槽或容器浸洗。
Do not wash dishes and vegetables under a running tap. Wash them in a sink or container filled with water.



清洗過蔬果的水可用作灌溉植物。
Water plants with the same water used for washing vegetables and fruits.



立即修理滴漏的水龍頭及水喉。
Fix dripping taps and water mains promptly.



使用節水器具，如高用水效益的花灑頭、水龍頭、洗衣機及雙掣式沖廁水箱，並留意用水效益標籤。
Use water saving devices, e.g. water efficient showerhead/tap, washing machine and dual flush toilet cistern, and pay attention to water efficiency labels.



刷牙、塗靚液或剃鬚時，應關掉水龍頭。
Turn off the tap while brushing teeth, soaping hands or shaving.



浴室 BATHROOM

使用花灑淋浴代替在浴缸浸浴，並縮短淋浴時間。
Take shorter shower instead of bath.



使用雙掣式沖廁水箱時，應就所需而以多水或少水沖廁，及避免不必要地沖廁。
For dual flushing cistern, use reduced flush for liquid waste and avoid flushing unnecessarily.



洗衣服及其他注意事項 LAUNDRY AND OTHER AREAS

使用洗衣機或洗碗機要節約用水，儘量集齊衣物或碗碟一次過洗濯。
Only run washing machines or dishwashers with a full load.



定期檢查水費單及家人用水習慣，如水費用量異於正常，便應檢討用水習慣。

Check your water bill and monitor your family's water consumption. If your consumption is more than average, re-look your family's water usage habits.



你可以用行動來支持「齊來慳水十公升」運動： You can show your support to “Let's Save 10L Water” Campaign:

方法很簡單！你可以登入「齊來慳水十公升—聯合宣言」網頁 (www.wsd.gov.hk/save10litres)，簽署「承諾宣言」，為持續支持保護水資源出一分力。然後，你可以選擇列印印有自己名字的承諾宣言，經電郵或透過社交網絡如臉書、微博等跟家人朋友傳送支持保護水資源的訊息。

It's easy! You can log on to the “Let's Save 10L Water” Campaign website (www.wsd.gov.hk/save10litres), select

“Joint Declaration” to sign the “Commitment Certificate”, representing your pledge to participate to the Campaign and to support for conservation of water resources.

You can opt to print your Certificate, and to share with your family and friends via email or social media like Facebook, Twitter or Weibo, etc. to spread the message of water conservation.



www.wsd.gov.hk/save10litres