Healthy You: Quick Facts

Use water wisely to support a healthier world

he water we need to live is becoming increasingly scarce. Though water covers over 70% of Earth's surface and flows freely from our faucets, fresh water is a limited resource. Less than 1% of all the water on Earth is available for human use. The rest is either too salty or frozen in ice and snow. That's why it is important to use water wisely.



Photo above by Edwin Tan, below by Hispanolistic, both courtesy iStockphoto

Quick facts on wise water use:

Teach person uses over 80 gallons of water at home each day. Most of that comes from flushing the toilet. Turning off the water while brushing your teeth and taking shorter showers can help.



Household leaks can send 10,000 gallons of water down the drain every year. Worn toilet flappers and leaky faucets are comon causes of water waste. Fix home leaks quickly.

Half of household drinking water is used on yards and gardens.
But a lot of that ends up running off. Use rain barrels to collect roof water and use that on your plants.



Let your dishwasher do the dirty work. An Energy Star-certified dishwasher saves about 8,000 gallons of water a year compared to washing dishes by hand.

When shopping for a new toilet, faucet or showerhead, look for products with the WaterSense label. They are designed to be at least 20% more water efficient than average products.

>> For more conservation tips, visit www.epa.gov