



參與JOIN

「齊來慳水十公升」運動，承諾善用用水資源
The "Let's Save 10L Water" Campaign. Use Water Wisely

www.wsd.gov.hk/save10litres



你已認識到家居的節約用水方法，
但怎樣才可每日慳水10公升呢？
你可參考以下提示！

Now, you know more about water saving at home.
But what can you do to achieve
saving 10 litres every day?
Here are the tips!

慳水小貼士 Water Saving Tips

每人每日可節省的水量(公升) Water saved by a person per day (Litres)

將每次淋浴的時間縮短1分鐘
Reduce each shower by a minute

10

刷牙、塗梘液和剃鬚時關上水龍頭
Turn off the tap while brushing teeth, soaping hands and shaving

6.5

將蔬菜水果放在水盆內清洗，代替在水龍頭下沖洗
Wash vegetables and fruits in a basin rather than under running water

3.5

將衣物滿載洗衣機，隔日才清洗
Run washing machine with a full load on alternative days instead of running it with half load

5

修理滴漏的水龍頭
Fix dripping taps

1

*以一個4人家庭為例子
*Based on the usage of a four-member household
來源：香港的全面水資源管理
Source: Total Water Management in Hong Kong

水務署 Water Supplies Department
香港灣仔告士打道7號入境事務大樓 Immigration Tower, 7 Gloucester Road, Wan Chai, Hong Kong
客戶服務諮詢熱線 Customer Enquiry Hotline: 2824 5000
電郵 Email: save10litreswater@wsd.gov.hk

你知道嗎？

食水是珍貴無比的天然資源。全球只有少於1%的水資源可供人類直接使用，而且其分佈也不平均。世界上很多地方都缺乏清潔安全的食水。每一個社會都有責任，確保我們可持續地運用地球上的水資源。

Do you know?

Fresh water is a precious natural resource. Less than 1% of all the water resources on the Earth are readily accessible for human use and its geographical distribution is uneven. Lack of clean and safe drinking water is a problem in many parts of the world. Every society shares the global responsibility to promote sustainable use of fresh water resources on the Earth.

為何要「慳水十公升」？

「齊來慳水十公升」運動目標為鼓勵香港市民積極及更投入地節約用水。運動建議大家每日慳水10公升，建立良好的節水習慣。

你都立即參與「齊來慳水十公升」運動，簽署承諾宣言，為善用珍貴的水資源出一分力！

Why "Save 10L Water"?

The "Let's Save 10L Water" Campaign aims to encourage the public to play an active role in reducing the daily domestic water consumption by 10 litres and to establish good habits of conserving water, contributing to utilise our precious water resources wisely in our daily lives.

Let's join the "Let's Save 10L Water" Campaign now, and pledge to commit to saving our water resources.

每日慳水10公升
支持環保做精英
SAVE WATER
Save the World
10 Litres Every Day



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.



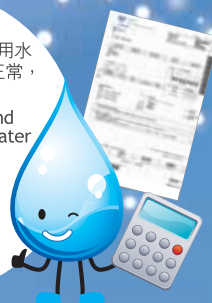
洗衣服及其他注意事項 LAUNDRY AND OTHER AREAS

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.



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