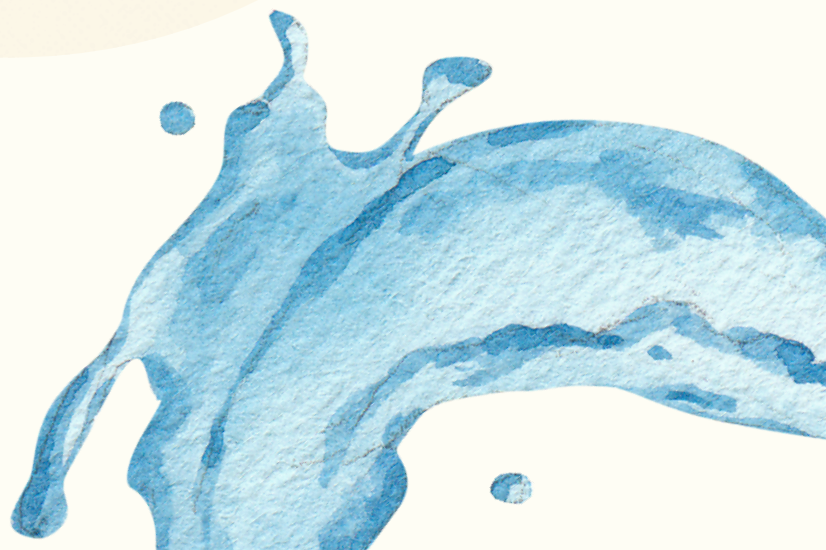




Healthy Lifestyles Health Hub

"When the well's dry, we
know the worth of water."
-Benjamin Franklin



Every Drop Counts:

Conserving Water in Utah

If you have been paying attention to the amount of snowfall that Utah has received this past year, it may be shocking to learn that Utah is the 2nd driest state in the country. Even though we are still waiting for the inches and inches of snow to melt in the mountains, making an effort to conserve water is vital to helping our state stay healthy.



Water is considered to be a limited natural resource which means that we can't really create more of it once it's used up. Only about 3% of water is freshwater that we can use in day to day life. Out of that 3%, only 0.5% is accessible to us for use through streams, rivers, and lakes. That means that eight billion humans (plus all of the other creatures roaming around with us) only have access to less than 1% of the earth's fresh water.

After years of fighting drought, having one wet winter can't stop us from making an effort to preserve our water. We still have a long way to go in order to become more resilient against drought in the future. This means that we still need to be conscious of our conservation efforts and find little ways to improve our water usage. It's a good thing that there are so many different things you can try and then practice what fits for you and your family.

On the next page, you will find a bunch of helpful tips for how to cut back on water usage as well as a free calculator linked that can help you estimate how much water that you use in your home. We will also be putting on a Turn Off Your Water Campaign on Wellsteps during the month of July to offer a quick way to track your conservation efforts over a two week period. Any effort is a good effort!

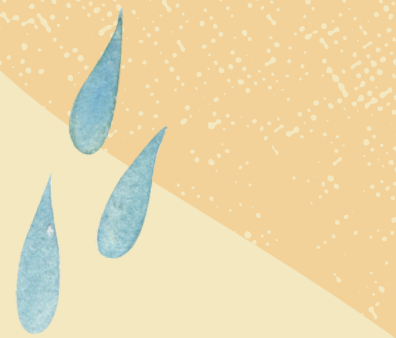


**TURN OFF THE WATER
MINI CAMPAIGN**

July 10th-21st

**PRACTICE WATER CONSERVATION
& TRACK HOW WELL YOU ARE
DOING ON THE WELLSTEPS APP**

Simple Ways to Slow the Flow



Bathrooms

- Do not let the sink water run while shaving or brushing teeth.
- Take short showers instead of taking baths.
- Turn off the water flow while soaping or shampooing.
- If you need to use a tub, close the drain before turning on the water and fill the tub only half full. Bathe small children together.
- Try not to pour water down the drain. You may be able to find another use for it, like watering your houseplants!

Kitchen & Laundry

- Keep drinking water in the refrigerator instead of letting the faucet run until the water is cool.
- Wash fruits and vegetables in a basin. Use a vegetable brush.
- Do not use water to defrost frozen foods, instead try to thaw them in the refrigerator overnight.
- Scrape dishes before loading into the dishwasher instead of rinsing them with water.
- Operate the dishwasher only when completely full.
- Use the appropriate water level or load size selection on your dishwasher or washing machine.

Outside

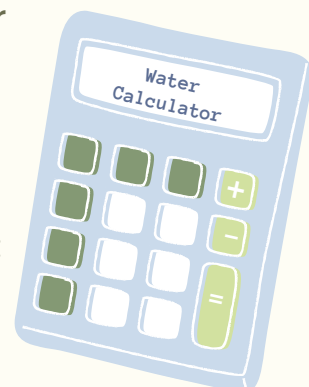
- Sweep driveways and sidewalks instead of hosing them off with water.
- Wash the car with water from a bucket instead of a hose, or consider using a commercial car wash that recycles their water.
- When using a hose, control the flow with an automatic shut-off nozzle.
- Avoid purchasing water toys that require a constant stream of water.
- If you have a swimming pool, consider using a water-saving pool filter.
- Use a pool cover to reduce the amount of evaporation when pool is not being used.
- Set your sprinklers to run during the night, instead of peak afternoon hours.

Sprinkler tips!

Want a Rebate?

Want to check your water usage?

CLICK on the calculator to calculate a rough estimate of the amount of water your household uses!

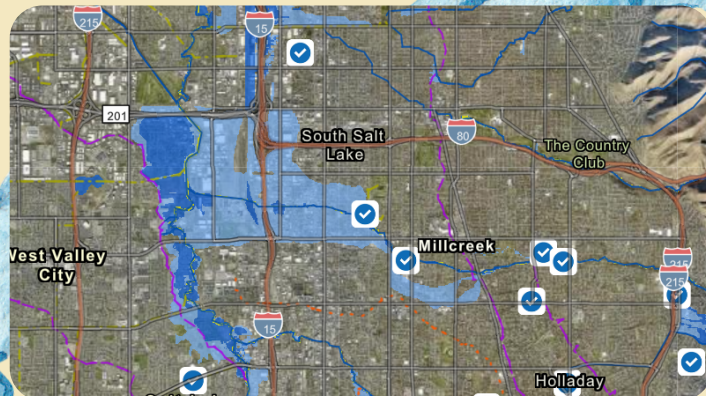


Be Run-Off Ready!

Flood Maps

Is your home at risk for flooding? Check out Salt Lake County's interactive map to help ease your worries.

[Browse the map!](#)



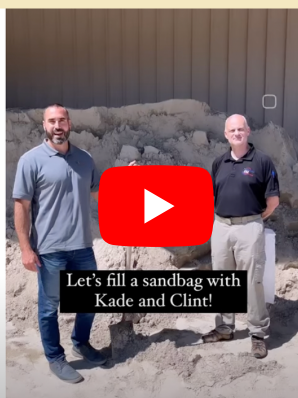
Sand Bags

Sand bags are great tools to help protect your property against flooding. Salt Lake County offers 25 FREE sand bags per day per vehicle. There are many different locations you can visit to fill them up!

[Sand Bag tips!](#)



How To Fill A Sand Bag



How To Stack Sand Bags

