

THE BEST TIPS FOR PROTECTING WATER RESOURCES

1

DISPOSE OF WASTE CORRECTLY

THIS DOES NOT BELONG IN THE SEWAGE (NOR IN NATURE OR RIVERS):

Cooking fats, deep-frying fat, cooking oils
→ place in a suitable container and take to a waste collection point

Food leftovers, coffee grounds, tea bags
→ dispose with the organic waste

Medicines, tablets
→ return to a pharmacy

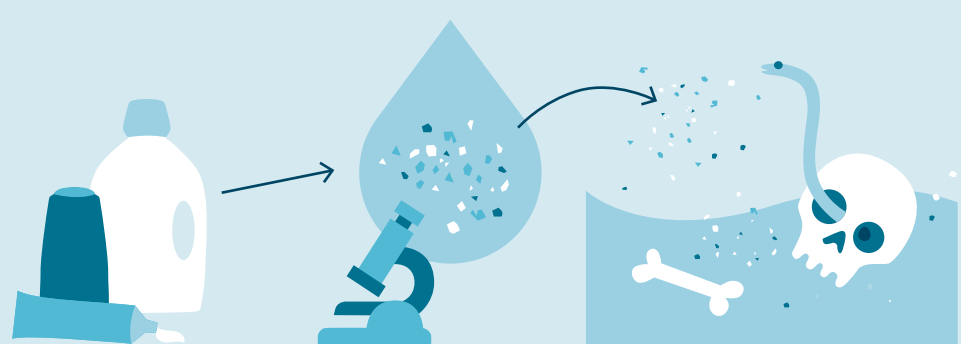
Chemicals, varnish, gasoline, motor oil
→ bring to hazardous waste collection



Residual and hazardous waste does **NOT** belong down the drain or the toilet. Dispose of leftover food, oils, fats, paints, varnishes, hygiene products such as **sanitary napkins** or **tampons**, and medicines as residual or hazardous waste.

2

KEEP WATER PLASTIC-FREE



Microplastics, are tiny pieces of plastic that are not biodegradable and have lasting water contamination effects. Many products, such as shower gel, toothpaste, cosmetics, and detergents, contain microplastic particles. Opt for alternatives and use hygiene products and detergents that do **NOT** contain plastic. They have less impact on our water quality.

CHECK THE CONTENTS

Apps like ToxFox or CodeCheck make it easy to check ingredients. When you scan a product's barcode, you'll instantly see any possible hazardous substances.



3

USE WATER CAREFULLY

OUR CONSUMPTION CAN BE DRASTICALLY REDUCED BY MAKING SMALL CHANGES TO OUR HABITS. PAY ATTENTION TO THE FOLLOWING:

Press the **Stop-Button**
WC toilets with a flush-stop button save up to eight liters per flush.



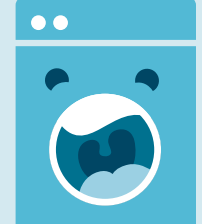
Wash cars only when necessary
Take them to the car wash if possible. There, water consumption is controlled, and proper disposal of cleaning agents is ensured.



Don't let it drip
Fix dripping faucets immediately. A single dripping faucet wastes up to 45 liters of water per day.



Fill machines to capacity
Only switch on washing machines and dishwashers when they are full and use the energy-saving program.



Turn off the water
When brushing teeth, lathering up hands, etc., do not let the water run unnecessarily, but turn it off in between.



Shower instead of bathing
Refraining from frequent bathing will reduce regular water consumption.



More than **4,000 liters of water per person per day** are required to produce all daily goods—from a T-shirt to a cup of coffee or tea to an apple.

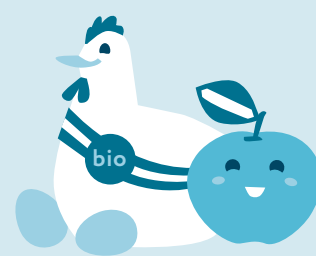


For example in Austria, each person consumes an average of around **130 liters of water per capita daily**. This places Austria among the international average—Dubai has the highest water consumption per day, with 500 liters per capita, and India has the lowest, with only 25 liters per capita.

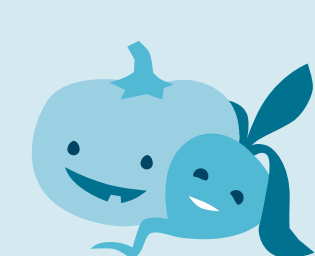
4

CONSIDER YOUR WATER FOOTPRINT

TIPS FOR A SMALLER "WATER FOOTPRINT"



Give preference to regional and organically grown produce.



Buy in season fruits and vegetables. This reduces the import of water-intensive produce.



Avoid buying products from countries where water is scarce.



Consume consciously and refrain from unnecessary purchases. This will be better for your wallet and the environment.

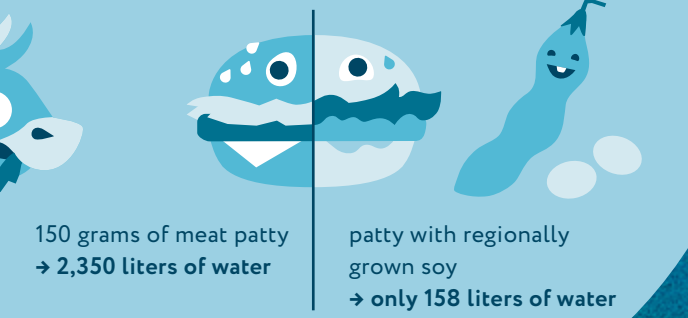
Every day, we use water for showering, drinking, or washing clothes, and we also consume "virtual water"—in other words clean water that is used or polluted during the production process of our daily products. It makes no difference whether water is used to irrigate crops, cool machinery, or for production of goods.

It becomes problematic when we import certain products that carry a significant water burden from areas where water is already scarce. These products include cotton production in Asia and tomatoes from southern Europe.



TRY TO IMPLEMENT MEATLESS DAYS

Meat production is particularly water-intensive—not because animals drink so much, but because animal food production requires large amounts of water.



150 grams of meat patty
→ 2,350 liters of water

patty with regionally grown soy
→ only 158 liters of water

8

CONSIDER THE IMPACT OF CLIMATE CHANGE

REFRAIN FROM THESE ACTIVITIES DURING TIMES OF VERY LITTLE PRECIPITATION AS WELL AS DURING ACUTE DRY PERIODS:

Filling your pool with water.
Washing your car.
Watering your garden.
Performing non-urgent cleaning tasks.



Follow your community's calls to conserve water during dry periods.
Check with your community about flooding and proper precautions if you live in a vulnerable area.

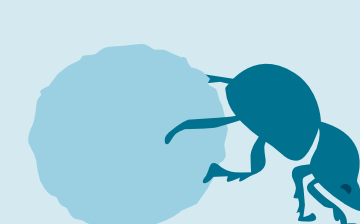
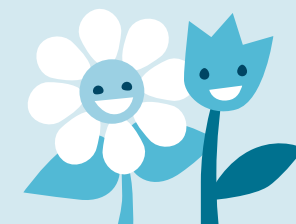
Even in water-rich countries of the Danube River Basin, climate change is causing more frequent and prolonged periods of drought and heat.

At the same time, localized and intense precipitation events, such as heavy rainfall in a geographically limited area, are increasing. Soil cannot absorb large amounts of water all at once, which can result in **floods and mudslides**.

7

KEEP GROUNDWATER CLEAN

AVOID THE USE OF PESTICIDES OR FERTILIZERS IN YOUR GARDEN.



Be mindful to pay close attention to the correct dosage or, use **organic pesticides** or fertilizers. With regular use of fertilizers or pesticides, chemical substances can enter the groundwater through the soil polluting water quality and the environment. Also, try to create a garden where **butterflies, bees, and other insects** can find shelter and food.

CIGARETTE BUTTS ALSO HURT THE ENVIRONMENT!



Standard cigarette filters are made of cellulose enriched with chemicals. This means filters can take up to **10–15 years** to decompose. There can be up to 400 different chemicals in a filter, which can enter the ecosystem if disposed of incorrectly. The toxins dissolved in the water can endanger or kill fish and microorganisms.

6

USE CHEMICALS SPARINGLY

Chemicals: detergents, cleaners, paints, etc.



Eco-Alternatives: baking soda, citric acid or vinegar.



Use as few detergents, chemical cleaners, varnishes, and paints as possible. They contain many chemical substances that can harm our water. Also, look for ecological alternatives, such as baking soda, vinegar, or citric acid. You can use **sodium bicarbonate** dissolved in water as a **dish-washing** or **textile cleaner**. **Citric acid** or **vinegar** are both excellent for **descaling** or cleaning the bathroom.

5

CHOOSE TAP WATER

BENEFITS OF TAP WATER

→ It's a good thirst quencher.
→ It's calorie-free.
→ It provides excellent hydration.
→ It is delivered free of charge and comes directly from the tap.



→ It is much cheaper than bottled water.
→ It is much more environmentally friendly than bottled water, which has a more negative environmental impact due to transport routes, packaging, and water extraction.

Drinking water is the **most extensively-studied food**. It is subject to continuous monitoring and control. Local legislation and the EU Drinking Water Directive regulate the requirements for water quality.

For more info:
www.icpdr.org
www.danubeday.org
www.wasseraktiv.at
www.generationblue.at



Federal Ministry
Republic of Austria
Agriculture, Forestry, Regions
and Water Management