

《改变你的生活方式 就能轻松节水！》



[Photo/Pexels]

1. Fix minor leaks around your home.

修补家中滴漏的水管

Replace damaged pipes and leaky faucets to avoid wasting water. Inspect your water meter and utility bills every month to see how much water you ' re using. If you notice a random spike, it may be a sign that you have a leaky pipe somewhere in your home. A poorly-sealed pipe or leaky toilet can waste up to 340 L of water a day, so resolving these problems can save a lot of water in the long run.

更换损坏的管道和漏水的水龙头，避免浪费水。每个月检查一下你的水表和水电费账单，看看你用了多少水。如果你注意到一个随机的尖峰，这可能是你家里某个地方的管道漏水的迹象。一个密封不良的管道或漏水的厕所每天可能会浪费多达340升水，因此从长远来看，解决这些问题可以节省大量的水。

2. Turn the faucet off while you brush or shave.

刷牙或刮脸的时候关掉水龙头

This is one of the easiest ways to cut back on your water usage. There ' s no need to keep the water running while you ' re in the process of cleaning your teeth or trimming your beard. It may sound hard to believe, but you can save roughly 760 L of water a month just by shutting the water off once you go about your business!

这是减少用水量的最简单方法之一。当你在清洁牙齿或修剪胡须的过程中，没有必要保持水的流动。这听起来可能很难相信，但一旦你开始工作，只要关掉水，你每月就可以节省大约760升水！





3. Take shorter showers.

缩短洗澡时间

Get into the habit of taking showers that last 5 minutes or less whenever you can. Everyone loves a long, hot shower, but your showerhead uses roughly 7.6 L of water a minute. You ' ll save a lot of water over time if you stick with short rinses, and you ' ll be just as squeaky clean as you normally would after a long shower.

养成每次洗澡不超过5分钟的习惯。大家都喜欢洗长时间的热水浴，但是淋浴喷头每分钟就会喷出约7.6升水。如果你坚持短时间淋浴，时间长了你会节省很多水，而且你的身体会和长时间淋浴后一样干净。

4. Switch to water-saving fixtures.

将喷头和水龙头换成节水装置

Swap out your showerhead and faucets for low-flow alternatives. By upgrading your showerhead and sink fixtures, you ' ll cut back dramatically on your water usage. This is an easy way to conserve water without even changing the way you wash, flush, or shower!

将你的淋浴喷头或水龙头换成节水装置。通过升级你的喷头和水龙头，你可以极大地节省用水量。这种节水方法很轻松，你甚至不用改变洗漱、冲马桶或淋浴的方式！

5. Run your dishwasher and washing machine only when it's full.

洗碗机和洗衣机填满了才运转

Using household appliances more effectively is a great way to save water. There ' s nothing wrong with trying to keep your kitchen clean, but you ' re going through a lot of water if you ' re in the habit of running your dishwasher every day. By waiting until the dishwasher is full, you ' re getting the most bang for your buck when it comes to the water you ' re using. And always make sure that you have enough dirty clothing for a full load.

更高效地使用家用电器也是节水的一个妙招。保持厨房干净没有错，但是如果你天天用洗碗机就会用掉很多水。如果你在洗碗机装满时才运转，你就能最大化地利用水资源。同样，洗衣机运转的时候要保证里面塞满了脏衣服。



[Photo/Revels]

6. Use water-efficient appliances.

使用节水家电

The next time you need to replace a dishwasher, washing machine, or water heater, purchase a water-efficient appliance. Not only will this cut back on your water consumption, but you ' ll save money over time when it comes to utility costs.

下一次你需要更换洗碗机、洗衣机或热水器时，要购买节水电器。不只是因为这样能省水，而且长远来看还能省下不少生活费用。

7. Avoid washing your car or use a bucket.

尽量少洗车，或者用水桶打水洗车

Put the hose down and let the rain clean your car for you. If you do feel the need to wash your vehicle, fill a few buckets instead of using your garden hose to clean your vehicle off and rinse it. If you use a hose to wash your vehicle, you ' ll use roughly 190 L of water. A few buckets will only require 19 – 38 L, though.

放下水管，让雨水帮你洗车吧。如果确实觉得有必要洗车了，打几桶水来擦洗车子，而不是用花园浇水用的水管来冲洗。如果用水管洗车，每次将用掉约190升的水，而打几桶水只要19到38升。

重点词汇

water meter 水表;水量计

every month 每个月；每一个月；每月一次；月月

how much 多少；多少钱？

leaky pipe 渗管；漏管；漏泄管

your home 你家；你的家；贵府

a lot of 很多；许多

in the long run 归根到底；“ in the long run/term ” 的变体

cut back on 削减；减少；缩减

water usage 用水；水的使用

in the process of 在...的过程中；正在做

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