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Summer
Volume 3, Issue 3

Environmental Corner: Indoor Air Quality

Indoor pollution sources that release gases or particles into the air are the primary cause of indoor air quality problems in homes. If too little outdoor air enters a home, pollutants can accumulate to levels that can pose health and comfort problems. There are many sources of indoor air pollution in any home including: oil, gas, kerosene, coal, wood, tobacco products, asbestos-containing insulation, wet or damp carpet, and cabinetry or furniture made of certain pressed wood products; household cleaning and maintenance, personal care or hobby products; central heating and cooling systems and humidification devices; and outdoor sources such as radon and pesticides.

So why not buy safer? When you shop, look for products with the Design for the Environment "DfE" label. Products with the DfE label don't have known chemicals of potential concern, such as carcinogens, that can harm health or the environment. There are over 2,500 products to choose from. View the products at – http://yosemite.epa.gov/opa/admpress.nsf/names/hq_2011-4-21_dfe

While pollutants commonly found in indoor air are responsible for many harmful effects, there is considerable uncertainty about what concentrations or periods of exposure are necessary to produce specific health problems. People also react very differently to exposure to indoor air pollutants. Further research is needed to better understand which health effects occur after exposure to the average pollutant concentrations found in homes and which occurs from the higher concentrations that occur for short periods of time. EPA's Indoor Environments Division (IED) is responsible for conducting research and educating the public about indoor environmental issues, including health risks and the means by which human exposures can be reduced. IED encourages the public to take action to minimize their risk and mitigate indoor air quality problems.

For more information on indoor air quality and what you can do to protect your family visit <http://www.epa.gov/iaq/ia-intro.html>.

Going out for a run? Check your local outdoor air quality to help plan the best time for a walk or run. Knowing your local outdoor air quality can also help avoid aggravating respiratory problems. Visit - <http://www.airnow.gov>

In This Issue:

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NEW!

Webinars for well owners and anyone in the well industry.

Upcoming Webinars

July 26 2:00-3:00 pm

Cost: **FREE**

Drought and Your Well

July 27 6:30-7:30 pm

Cost: **FREE**

Drought and Your Well

August 16 & 17 2:00-3:00 pm

Cost: \$100

Exempt Wells & the Bounds Case

Registration required. To view the 2011 WSC Webinar Schedule and Register, visit: <https://student.gototraining.com/492k4/catalog/7344658842665048064>

Questions? Contact:

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rwayco@watersystemscouncil.org

wellcare® Tip: 10 Ways to Lower Your Flow

A family of four uses approximately 400 gallons of water every day, indoor use only. Here are a few ways you can save water.

- Wash only full loads of laundry, or use the appropriate water level or load size selection. Wash in cold water when you can.
- Turn off the water while shaving or brushing your teeth.
- Take short showers instead of baths.
- Keep drinking water in the refrigerator instead of letting the faucet run until the water is cool.
- Scrape, rather than rinse, dishes before loading into the dishwasher. Wash only full loads.
- Repair all leaks. A leaky toilet can waste 200 gallons a day. To test your toilet, put a few drops of food coloring in the tank. Wait a few minutes. If coloring appears in the toilet bowl, you have a leak.
- Water the lawn or garden during the coolest part of the day (early morning is best).
- Set sprinklers to water the lawn or garden only, not the street or sidewalk.
- Keep your yard healthy by dethatching, mulching and using natural fertilizers.
- Sweep outside instead of using a hose.

Ideas to Fit Your Budget

Cheap Fix: Install WaterSense – labeled low-flow showerheads and faucet aerators, and compost kitchen scraps rather than putting them in the disposal. View all the current WaterSense labeled products at <http://epa.gov/watersense/products/index.html>. Take shorter showers and reuse shower warm-up water or bath water to water plants.

Affordable Upgrade: Replace older toilet models with low-flow or composting toilets. Buy or construct a rain barrel to collect storm water to irrigate your landscape.

Investment: Install a gray water system to reuse household water for landscape irrigation. Buy an efficient Energy Star dishwasher and a front-loading clothes washer.

Sources: EPA and Natural Home & Garden Magazine

Go Green and Save on H₂O!

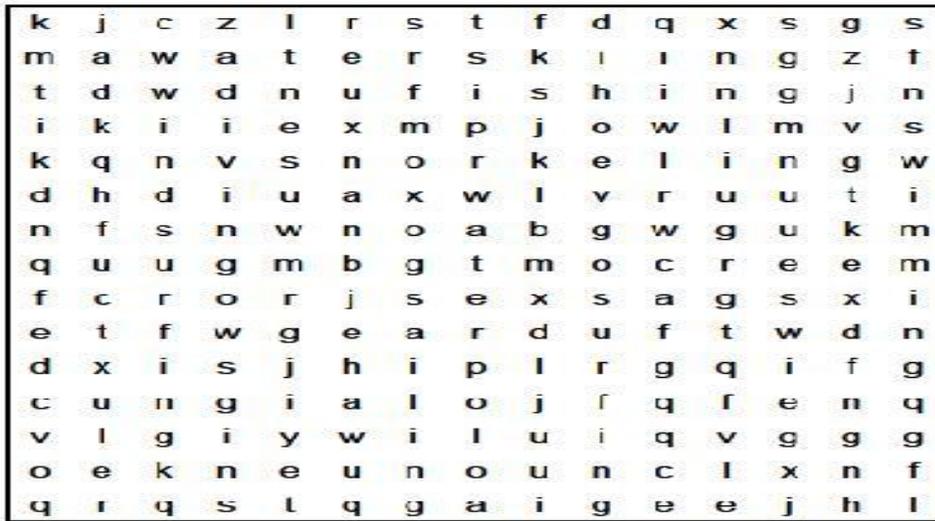
According to the Container Recycling Institute, less than 20 percent of plastic water bottles actually get recycled, the rest end up in landfills or as litter because it's consumed on the go. The good news, your well water is probably clean and safe since it goes through natural filtration! Test your water annually to determine the quality. Don't like the taste of your water? Consider using a filter instead of buying bottled water. For assistance, contact a local water treatment specialist in your area. Buy filters certified by the health and safety group NSF International, which tests products to ensure that they remove what the manufacturers say they do. Filtering your water versus buying bottled water can save you \$10 or more per gallon. Use a reusable container to store water in on-the-go. If you need to buy a bottle of water now and then, just be sure to recycle the bottle!



Kids Place: Summer is Here!

Start off by jumping into a Water Sports Word Search. How many words can you find?

Water Sports Word Search



waterskiing

sailing

surfing

swimming

snorkeling

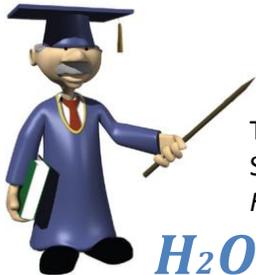
waterpolo

boating

windsurfing

fishing

diving



Then make a splash (not too big, were trying to save water!) to our Water Conservation Quiz. See how many answers you know and then try to use some of those ideas at home to save water!
Hint – some answers can be found in this newsletter!

H₂O Conservation Quiz

1. Conserving water in the kitchen is simple. Choose the best way(s) to save water.
 - A. Wash full loads of dishes in the dishwasher.
 - B. Keep drinking water in the refrigerator.
 - C. Wash vegetables in a bowl.
 - D. All of the above.
2. If you leave the water running while brushing your teeth, how much water is wasted?
 - A. 7 to 9 gallons
 - B. 2 to 4 gallons
 - C. 4 to 6 gallons
 - D. 3 to 5 gallons
3. What activity inside your home uses the most water?
 - A. Toilet flushing.
 - B. Taking a bath or shower.
 - C. Washing laundry.
 - D. Cooking and dishwashing.

4. How often should you water your lawn?
A. Every day.
B. Only when necessary.
C. Three days per week.
D. Four days per week.
5. What activity outside your home uses the most water?
A. Washing the car.
B. Watering the lawn and garden.
C. Washing the driveway.
D. Answers A and C.



1) D, 2) C, 3) A, 4) B, 5) B

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Got email?
Help Keep Us Green!

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