

Water Matters



Do Your Part | Protect Water Sources from Pharmaceuticals and Other Products

Studies show the typical adult uses nine personal-care products a day. These products, ranging from shampoo to sunscreen to over-the-counter medications, contain compounds that can find their way into rivers, streams and other water supply sources.

These substances, known collectively as pharmaceuticals and personal-care products (PPCPs), enter the environment through the wastewater stream and likely have been present in water supply sources for as long as such products have been in use.

But our ability to detect and measure them at very low concentrations has improved dramatically in recent years. Trace amounts of these compounds have been detected in rivers and streams throughout the United States and Europe, focusing new attention on their potential effects on human health and the environment.

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Did You Know?

Tap water is the best deal around, especially when compared with other products we use every day (prices based on 2010 California averages).

- A gallon of tap water: \$.002
- A gallon of bottled water: \$5 to \$11.35
- A gallon of milk: \$2.49
- A gallon of gasoline: \$3.06

Source: Association of California Water Agencies

Outdoor Watering Schedule

Sacramento Suburban Water District (SSWD) has an odd/even watering schedule. If your home or business address ends in an:

- * Odd number water Tuesdays, Thursdays and Saturdays.
- * Even number water Wednesdays, Fridays and Sundays.
- * No watering on Mondays.

Remember:

- * Watering *3 days or less* per week is encouraged.
- * Watering between Noon and 8:00 p.m. is not recommended.

If you have manual sprinklers, water in the cooler morning or evening hours. Watering during these times reduces water loss due to evaporation. Set a timer to help you remember when to turn off your water.

Sun	Even Address
Mon	No Watering
Tue	Odd Address
Wed	Even Address
Thu	Odd Address
Fri	Even Address
Sat	Odd Address

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Take the Blue Thumb Pledge to Use Water Efficiently | Earn great prizes like River Cats Tickets*

Have you earned your Blue Thumb? From stopping runoff to using a shut-off nozzle on hoses, many people have made a personal pledge to use water efficiently and have a beautiful yard or garden to show for it.

They understand that most water use occurs outdoors, and that's where our greatest opportunity to be efficient occurs. With the Sacramento region's hot, dry climate and long summer season, more than 65%

of a household's yearly water consumption typically goes toward landscape irrigation. Of that, 30% is lost due to overwatering or evaporation.



Sacramento Suburban Water District is partnering with the Regional Water Authority and water providers throughout the Sacramento region this spring and summer to encourage customers to earn their Blue Thumb and take the Blue Thumb pledge.

The Blue Thumb pledge asks visitors to identify five actions they're willing to take outdoors,

including everyday things like using mulch around trees and plants or quickly repairing broken sprinkler heads. By taking the pledge, you can also earn great prizes like River Cats tickets, while supplies last.



Remember that water is a limited resource that shouldn't be wasted. Join your neighbors and take the Blue Thumb pledge today at BeWaterSmart.info.

* While supplies last. Program funded in part by a Department of Water Resources 2008 Urban Drought Assistance Grant. 💧

Outdoor Watering Schedule from page 1

Renters, if you are not responsible for the irrigation, please remind the property owner or landlord of SSWD's outdoor watering schedule.

If you have questions regarding the odd/even outdoor watering schedule, please contact the Customer Service Team at 972.7171. 💧

Looking for more ways to earn your Blue Thumb? | Top Six Actions You Can Take

Here are the top six actions you can take to reduce out-door water use and have a beautiful landscape:

- ❁ Adjust your watering schedule at least every month according to anticipated weather.
- ❁ Stop runoff. If you see runoff, divide your total watering time in half into two shorter watering cycles.
- ❁ Check your irrigation system every month for leaks and misdirected sprinkler heads.
- ❁ Fix water-wasting problems in your irrigation system within 48 hours of finding them.
- ❁ Plant low water-use trees and plants in your yard.
- ❁ Replace or reduce lawn areas with low-water use plants. 💧



The fact that a substance is detectable in drinking water does not mean it is harmful to humans. But water managers agree the best way to ensure safe water at the tap is to prevent substances from entering water supply sources whenever possible.

Some medications are not entirely absorbed in our bodies, leaving the excess to enter the wastewater stream. In addition, some people dispose of prescription drugs by flushing them down the toilet. Most wastewater treatment plants are not designed to remove these substances.

Since controlling what goes down the drain is the easiest and most cost-effective way to protect water supply sources, SSWD encourages its customers to dispose of pharmaceuticals

and other products responsibly. That means keeping them out of sinks and toilets.

Customers can dispose of unused or expired medications at: 1) a pharmacy that accepts unused or expired medications or 2) a facility that accepts household hazardous waste. Two locations in the Sacramento area include:

Sacramento North Area Recovery Station

4450 Roseville Road
North Highlands
916-875-5555
sacgreenteam.com

City of Folsom Hazardous Materials Division









(Call for appointment)
916-355-8397











folsom.ca.us/depts/utilities/hazmat/default.asp

Please properly dispose of medications and other materials such as cleaning products, pesticides and automotive products that could potentially harm our drinking water and the environment. Thank you for your efforts to keep our water clean. For more information, visit dontflushyourmeds.com.

Sources: Water Environment Federation, Sacramento Regional County Sanitation District

May is Water Awareness Month

During the month of May, SSWD joins other water utilities in making a special effort to promote using water efficiently. Although using  efficiently is encouraged all year, May is the month when  begin to  as the  summer months approach. By conserving,  can  their water bill, save  and protect this important resource .

So let's all use water efficiently and  for leaks and make sure our irrigation systems and    are functioning properly. For  on checking for leaks, please  the Customer Service Team at 916.972.7171 during business . Check out SSWD's  for  information on how you can use water efficiently. 

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Contact SSWD

Monday - Friday, 8:00 am - 4:30 pm
916.972.7171 Fax 916.972.7639
sswd.org

Is There Water Waste In Your Neighborhood?



Did you know that you can notify SSWD of water waste via computer? On the home page at sswd.org, simply click on the "Report Water Waste" button and complete the short web form. That's it! SSWD water conservation staff will follow up on the information you provide. Working together, we can save water in our community. 

Have YOU Taken Your Tour?

Take your self-guided tour of the 2 acre Antelope Garden for ideas on how to create your own water efficient landscape.



7800 Antelope North Road in Antelope

2011 Schedule

Open May 2 to October 31

Monday through Friday and the Second Saturday of each month
9:00 a.m. to 3:00 p.m.

FREE Admission!



Don't Miss This!

More than 200 color photos and details about each plant are at sswd.org under "Water Education/Water-Wise Plant List."

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