

# Take Action!



- Use public transport: It's easy to think of overpopulation when you're stuck in rush-hour traffic. But if you're behind the wheel, think about this, too: a double-decker bus carries the same number of people as 40 cars. Taking the bus or the train to work or school every day instead of your car could reduce your greenhouse gas emissions by two or even three times, and it doesn't only mean less CO2 emissions, it also means a lot fewer cars on the road.

Avoid using bottled water. Reviews say there is no assurance that just because water comes out of a bottle it's any cleaner or safer than tap water; and in fact, an estimated 25% or more of bottled water is really just tap water in a bottle – sometimes further treated, sometimes not. Producing plastic bottles for Americans in one year produces around one billion pounds of carbon dioxide! Find out more about your tap water and make sure if it is completely safe before throwing away money for bottled water.



## Water:

Do not flush money down the toilet. Through water efficient fixtures you can save up to 70 percent. Nearly half of all water consumed in the home is used in the bathroom. It's easy to save water:

- Wait until you have a full load before switching your washing machine on.
- Don't let the water run while brushing teeth, as this can waste up to 5 liters of water per minute.
- Take short showers instead of baths. Turn off the shower when soaping up, then turn it back on to rinse.
- A slowly dripping tap can waste a couple of liters each hour, reaching 20,000 liters in a year.



That's the entire amount of water available each year to many people around the world!

- Don't leave electrical appliances like computers and televisions on standby when you are not using them. Turn them off instead. Throw out the tumble dryer and the dishwasher. Wash by hand or dry by hanging instead. If you do need an appliance, buy an energy-efficient appliance.



- As a pedestrian, you're at a clear disadvantage: the human body is no match for a 4,000-pound car. Be a step ahead and know your "no-zones." Be aware of the blind spots around cars, trucks, and buses when walking near them.

- It takes two seconds to buckle up - death lasts longer: Every six seconds, someone is killed or injured on the world's roads. Even though correctly used seat belts reduce the risk of death in a crash by over 60 percent, many people still don't use them.



- Eat less meat. Meat production accounts for nearly a fifth of global greenhouse gas emissions. Instead try eating more local fruits and vegetables, that way you cut back on fruits and vegetables that have to be flown in from around the world



- Slow down before it's too late. Excessive speed is a contributing factor in around 20 percent of road fatalities. You can make a big difference by driving a bit slower. Speeding also wastes gas and money, **and** carbon dioxide emissions!

- You will survive a missed call - surviving a collision is less likely. When driving try to concentrate on the traffic and avoid distractions. Loud music will prevent you from hearing the road environment, such as horns or sirens.



- Use a laptop instead of a desktop and use 80-percent less energy.