冷藏食物應預早從冰箱放入冷凍解凍，切勿長時間在常溫解凍

Do not defrost frozen food under running water. Defrost it in the refrigerator in advance.

將清洗過蔬菜的水貯備再用來灌溉植物

Water plants with the water used for washing vegetable and fruit.

使用花灑淋浴代替浸浴，並縮短淋浴時長

Take a quick shower instead of a bath.

以容器清洗蔬菜或碗碟

Wash the dishes or vegetable in a container.

使用雙沖式沖廁水箱，避免不必要的沖廁

Use a dual flushing cistern and avoid flushing unnecessarily.

安裝水龍頭節流器

Install flow controller on water tap.

刷牙、洗臉或剃鬚時，應關掉水龍頭

Turn off the tap while brushing teeth, washing face or shaving.