

Your Home's Water Supply

This leaflet provides information about your home's water supply and confirms your responsibility as a tenant to look after the water supply in your home.

Keep your water moving

It is important to keep the water supply within your home moving. Standing water in water storage tanks and pipework can allow bacteria to build up in the water that can cause illnesses such as a temperature, headache or stomach upset.

To prevent water stagnation within your home we request you follow these simple guidelines:

- Ensure all water outlets such as showers, sinks and toilets are flushed at least once a week.
- Clean your shower head and shower hose at least every three months. You can do this by soaking in a disinfecting agent for a minimum of 15 minutes.
- If you plan to leave your home for more than 7 days make provisions for the water to be flushed in your absence. If you are unable to do so, on your return run the water in your home for 10–15 minutes on a slow steady flow via the taps and flush the toilet with the lid down five times.



Bathroom

In the bathroom, only flush the three Ps down your toilet — Pee, Poo and toilet Paper. Never flush any other items.

Your bathroom checklist of 'never flush' items:

- All wipes (baby, personal cleansing, toilet and household cleaning) — even if the pack says 'flushable'.
- Sanitary items (sanitary towels, tampons, liners, applicators and backing strips).
- Cotton wool, cotton buds, disposable nappies and nappy liners.
- Condoms, incontinence pads, colostomy bags, used bandages and contact lenses.

The items above should be put in with your normal household rubbish.

You should also safely dispose of:

- Razor blades in a solid container before putting them in the bin.
- Syringes and needles in a sharps box or take them to your nearest Needle Bank.
- Unused or unwanted medicines — return these to a pharmacy for safe disposal instead of putting them down your toilet or in your bin.

Kitchen

In the kitchen, fat, oil and grease in liquid form may not appear to be harmful as they don't get stuck in the plughole, but as they cool they congeal, harden and stick to the inside of drains and sewers.

This builds up over time, which can cause blocked pipes and flooding. Pouring hot water down your plughole will not help to dissolve any fat, oil or grease. Remember everything that you put down your plughole, toilet and drains, will end up in the drains and sewers.

Your kitchen checklist:

- Small amounts of cooled cooking oils, fats, left-over oil from pans and trays and plate scrapings can be put into your food waste recycling bin. Where you don't have access to a food waste recycling service, put into a sealed container and into the general waste bin*.
- Cooking oil can be collected and taken to some Community Recycling Centres in Edinburgh and the Lothians — check with your local council to see if they offer an oil recycling facility*.
- Use a sink strainer to catch any bits of leftover food or vegetable peelings from going down the drain and put them into the bin.
- Soups, stocks, sauces and dairy products all contains fats which can also congeal and harden in your drains — please don't put them down the sink. Put them into a container and into the bin*.

***Please check with your local council for information on how to recycle or dispose of used fat, oil and grease in your area.**



It is your responsibility as the occupant of the property to follow these simple guidelines and protect your water supply. Please retain this leaflet in a safe place for your records.