







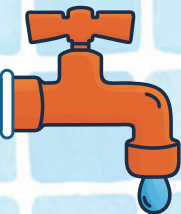


## GOOD PRACTICES

-  take a quick shower instead of a bath
-  run the dishwasher/washing mashine only when it is full
-  use water-saving toilet flushes
-  turn the tap off when brushing your teeth

## HOW MUCH WATER DO WE USE?

-  60 - 80 l a day – washing the dishes
-  30 - 50 l a day – flushing the toilet
-  80 - 100 l a day – washing machine
-  2,5 - 3 l a day – drinking



KRAKÓW



JOIN  
the campaign!

IN KRAKÓW,  
WE DRINK  
TAP WATER!

## DID YOU KNOW THAT...

every year more and more residents of Krakow drink tap water?

Join us, because drinking tap water is good, cost-effective and environmentally friendly!

## TAP WATER IN URBAN SPACES:



-  outdoor DRINKING FOUNTAINS
-  School DRINKING FOUNTAINS
-  DRINKING FOUNTAINS at public offices and hospitals

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WODOCIĄGI  
Miasta Krakowa

IN KRAKÓW  
GOOD WATER  
*straight from the tap*

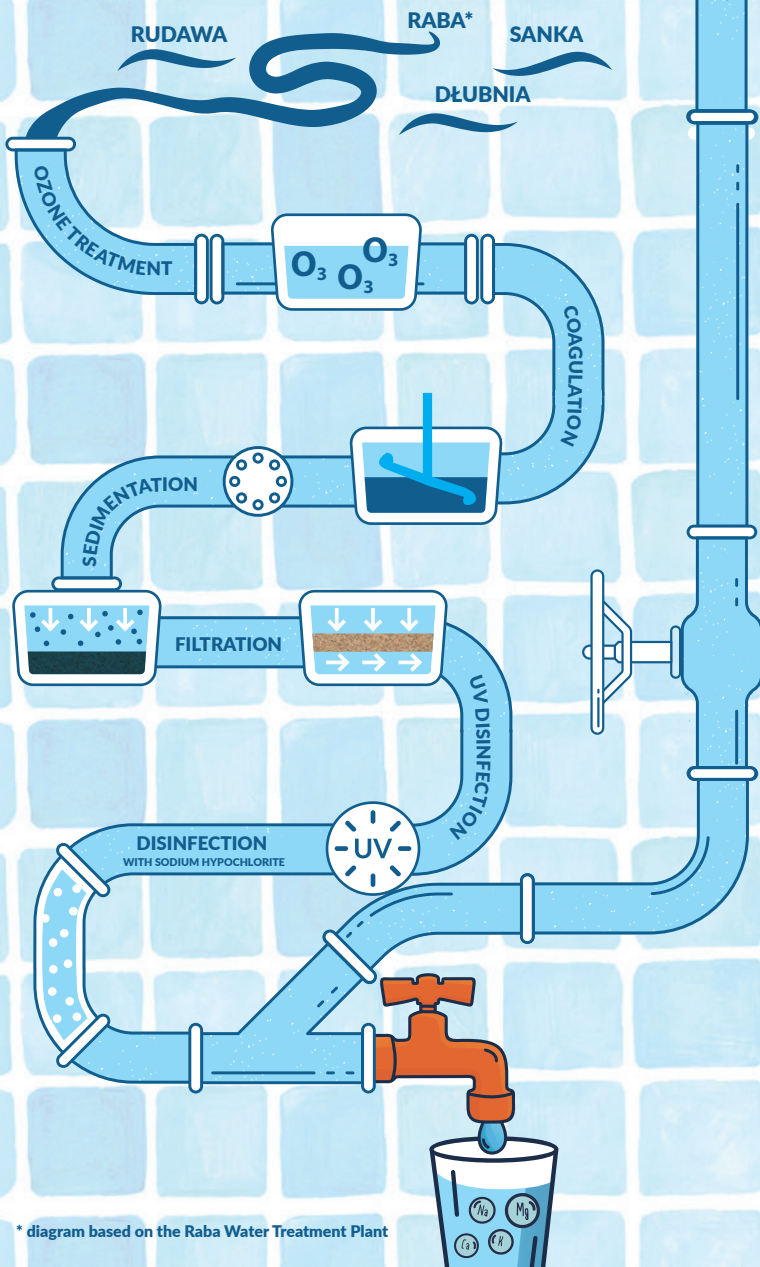


[en.prostozkranu.krakow.pl](http://en.prostozkranu.krakow.pl)



# TURN THE TAP AND TAP WATER FLOWS!

Before it reaches the taps in our homes, it has to undergo a multi-step treatment process.



- a modern laboratory
- 110 thousand analyses per year
- controlling 140 physical, chemical and bacteriological indicators in drinking water

**MINERALS**

Tap water contains magnesium, calcium, potassium and sodium, which are minerals necessary for the proper functioning of the human body. They are called "the elements of life" and are best absorbed from water!

**Average mineral content [mg/l]:**

650	365	322	181
medium mineralised water	tap water	low mineralised water	spring water

Mineral icons: Na, Mg, Ca, K

**HARD OR SOFT?**

Water hardness depends on its mineral content. Boiling water causes some of the minerals to precipitate and form scale. This softens the water but also impoverishes its mineral composition.

Human body does not store water, so it is important to replenish it regularly.

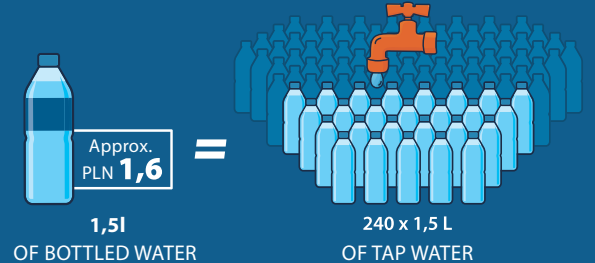
- 60-70%** is the percentage of water in the total body weight of an adult person
- 2-2,5 l** is the amount of water an adult person should drink every day
- 10%** loss of water can disturb the proper functioning of the body
- 20%** loss of water in the body may cause death

**Q**

Tested and treated tap water is safe and healthy!  
It meets Polish and European quality requirements.

**SAVINGS**

Drinking tap water is cost-effective, environmentally friendly and convenient!



**ENVIRONMENT**

Plastic waste ending up in oceans kills over a million sea birds and a hundred thousand mammals every year.