

# Think before you flush

## Smaoinigh sula sruthlaíonn tú

Flushing sanitary products down the toilet can cause blockages and can end up polluting our marine environment  
Má shruthlaíonn tú táirgí sláintíochta síos sa leithreas, seans go mblocálfar píobáin srl agus is féidir leis an timpeallacht mhuirí a thruailliú

Thousands of used sanitary products are flushed down the toilet every day

*Sruthlaítear na mílte táirgí sláintíochta síos sa leithreas gach lá*

The wastewater system is not designed to deal with large amounts of sanitary waste

*Níl an córas dramhuisce in ann déileáil le méid mór dramhaíola sláintíochta*

Sewage related litter causes harm to the environment and can pollute our water supply and coastlines

*Má chaitheann tú bruscar camrais, déanfaidh sé dochar don timpeallacht agus is féidir leis an soláthar uisce agus ár n-imeallbhoird a thruailliú*

2/3 of all drain blockages contains sanitary waste

*Nuair a bhíonn draenacha blocáilte, bíonn dramhaíl sláintíochta iontu in 2/3 de chásanna*

Wastewater treatment plant  
*Ionad cóireála dramhuisce*



@CleanCoasts

#thinkb4uflush

[www.thinkbeforeyouflush.org](http://www.thinkbeforeyouflush.org)

Think Before You Flush is operated by An Taisce's Clean Coasts programme and is supported by Irish Water

Is é clár Clean Coasts An Taisce a oibríonn Smaoinigh Sula Sruthlaíonn Tú agus tugann Uisce Éireann tacaíocht dó

