



CLEANLINESS

- Cleanliness is important to the well being of Singaporeans.
- By upholding the cleanliness of Singapore, we are able to prevent pest infestation and ward off the spread of diseases such as Dengue.
- Everyone has a part to play in upholding the cleanliness of our nation.
- We can each play a part by reminding our friends and family to dispose of their litter properly.



WHAT CAN WE DO TO UPHOLD CLEANLINESS?

- Organise litter picking activities in your neighbourhood.
- Make your school a bright spot, by conducting cleaning activities to clean classrooms, canteens and corridors.
- Cleanest classroom competitions.
- Putting up posters at areas such as toilets and canteen.
- Setting up of booths for residents to pledge their commitment to uphold cleanliness.



DENGUE

- The *Aedes* mosquito transmits viral diseases such as Dengue Fever, Zika and Chikungunya.
- They are spread through the bite of the female *Aedes* mosquito.
- To prevent yourself from contracting these diseases, you must take preventive measures.
- These include:
 - Removing stagnant water in your home.
 - Applying insect repellent and wearing long-sleeved shirts and pants.



DENGUE

- Mosquitoes become infected when they bite an infected person. Through this they become carriers and can spread the virus to other people through their bites.
- Only female mosquitoes drink blood to mature their eggs, male mosquitoes drink plant juices.
- The peak periods in which *Aedes* mosquitoes bite individuals is during daytime.



DENGUE

- The symptoms of Dengue are high fever, severe headache, muscle and joint pains, rashes, nausea and vomiting.
- The incubation period for Dengue in the human body is 4-7 days. After which the individual would start experiencing the symptoms.
- There are four different serotypes or variants of the disease. Infection with one variant only provides subsequent protection from that variant. You are still vulnerable to other variants.
- Subsequent infection can result in the risk of contracting a severe form of dengue.



DENGUE

- What is Dengue haemorrhagic fever?
- Dengue haemorrhagic fever is a severe form of Dengue fever.
- It can cause bleeding from the nose, mouth and gums. In its mild form, 90-95% of individuals would be able to recover from it.
- Severe cases could even lead to death.
- What is Zika? It is a viral infection similar to Dengue and the symptoms are usually mild, therefore people may not realise that they have been infected.



DENGUE

- How do we stop the spread of Dengue and Zika?
- By preventing the breeding of *Aedes* mosquitoes. How do we go about doing that?
- By clearing stagnant water from our homes. You may ask, what does clearing of stagnant water have to do with mosquito breeding?
- Mosquitoes lay eggs in stagnant water and the eggs would only need about 1 week in optimal conditions to become a full grown mosquito.
- *Aedes* mosquitoes usually rest near their feeding sites, hence we should take measures to get rid of them indoors.



DENGUE

- *Aedes* mosquito eggs can last for more than 9 months in dry conditions.
- A mosquito can lay eggs about 3 times in its lifetime and roughly about a 100 eggs each time. They only need a puddle of water roughly the size of a twenty cent coin to breed!
- Imagine how many eggs there would be in the stagnant water left in your vase!
- This is why we have to clear stagnant water in our homes to prevent the mosquitoes from laying their eggs in the stagnant water.



TRAY RETURN

- Tray return is an act of social graciousness, that helps to reduce waiting time and promotes a clean dining environment.
- It is also an act that signifies consideration for others.



3RS

- The 3Rs are Reduce, Reuse and Recycle.
- We practise the 3Rs to protect the environment, conserve limited resources and reduce the space needed for waste disposal facilities.
- Reduce: use only what you need.
- Reuse: reuse things for the same or new purpose.
- Recycle: convert waste into useful products.



REDUCE

How can we go about practising the 3Rs?

- Reduce:
 - Avoid using disposable items.
 - Minimise food wastage by taking only what you can finish.
 - Buy only what you need.
 - Bring your own bag for shopping.



REUSE

- Donate unwanted or old story books.
- Reuse plastic containers.
- Reuse plastic bags to line bins.
- Purchase refill packs whenever possible.
- Use refillable stationery.
- Write on both sides of the paper.



RECYCLE

- Recycle paper, plastic, metal and glass.
 - Eg. Glass jars, cereal boxes, newspapers, plastic bottles, plastic bags, drink cans and milk tins.
- It is important to empty recyclable containers of their content. Rinse them if necessary.
- Deposit recyclables in the blue bins provided under the National Recycling Programme.



RECYCLE

Do not place the following items into recycling bins:

- Food waste, liquid waste
- Tissue paper
- Recyclable items soiled with food
- Pizza Boxes
- Disposable batteries
- Cookware (Pyrex)
- Porcelain, ceramic
- Styrofoam
- Light bulbs and lamps
- Pillows, bolsters
- Composite materials
- Pens, empty bags of chips
- Shoes



NATIONAL RECYCLING PROGRAMME

- There is one recycling bin for each HDB block and they are cleared three times a week. There is also one recycling bin provided for each landed house and they are cleared once a week.
- Information on acceptable and unacceptable items can be found on the bin.



YOUR OWN RECYCLING PROGRAMME

You can start your own recycling programme at home.

- First, begin by segregating recyclables and refuse into separate bins.
- Empty the recyclable containers of their content. Rinse them if necessary.
- Put your recyclables into the blue recycling bin/recycling chute at your block.



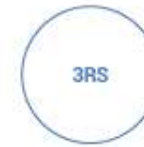
WHAT HAPPENS TO RECYCLABLES?

- The recyclables are collected by a recycling truck and sent to a Material Recovery Facility (MRF).
- At the MRF, the recyclables are sorted out into paper, glass, metal and plastic.
- After sorting, each type of waste is packed into a bundle.
- The bundles are then sent to recycling plants for recycling.



ENERGY EFFICIENCY

- Energy efficiency is an energy conservation measure that is practical and cost effective.
- It helps to reduce carbon dioxide emissions while sustaining economic development.
- Singapore is vulnerable to rising energy costs due to the inavailability of natural resources.
- Therefore we must take measures to become more energy efficient.



ENERGY EFFICIENCY

- Singapore has no natural source of coal, oil or gas. It has limited capacity for hydropower and geothermal energy as well.
- The wind speeds in Singapore are too low to tap wind energy on a large scale. While solar energy does appear to have potential, it might not be able to fulfil Singapore's energy output.
- This is why energy efficiency is very important!



ENERGY EFFICIENCY

- 15% of the total electricity generated is consumed by households.
- This is due to the increase in the ownership of home electrical appliances. This has led to an increasing dependency on appliances such as air conditioners, as well as an increased usage of technology such as mobile devices.
- What can we do to increase our energy efficiency?



ENERGY EFFICIENCY

- First, understand the electricity consumption at home.
- Find out which electrical appliances consume the most energy. The appliances that commonly consume a lot of energy are: air conditioners, water heaters and refrigerators.
- Also check your monthly electricity bill to verify your household energy consumption. Ensure that your household consumption falls below the national average.



ENERGY EFFICIENCY

- Next, use energy efficient appliances. How do we identify energy efficient appliances? By checking the energy efficiency label on the appliances. The more ticks on the label, the more efficient the appliance is.
- Learn to use the appliances efficiently.
 - Use the fan instead of the air conditioner. If you do use the air conditioner, do not let it run for a long time; switch to the fan after a short while.
 - Switch off appliances at the power socket.
 - Make use of natural light and blinds during the hottest part of the day.
 - Utilise energy efficient lighting.
 - Install instantaneous heater instead of the storage heater.