

# Tips for Healthy Pipes

F.O.G.— Fats, Oils & Grease  
and Non-Flushable Items

Protecting your home from potential  
sewer back-ups and blockages



# Lake Arrowhead Community Services District Provide, protect and

## **Fats, Oils, & Grease (FOG) builds up in sewer lines, causing back-ups and overflows.**

Back-ups cause health hazards, damage property, and threaten the environment.

Grease rinsed down kitchen sinks sticks to the inside of sewer pipes, both in your private plumbing and in the District main line. Over time, it builds up. Eventually FOG blocks pipes. Grease-dissolving products may alleviate the mess near your drain, but they don't stop the grease from backing up somewhere down the line and causing problems.

The District performs regular line cleaning and has identified areas of concern for more frequent cleaning. However, you can do your part to help prevent sewer back-ups and overflows.

### **How?**

- Never pour grease down sink drains.
- Scrape grease and scraps into a can or similar container and dispose in the trash.
- Use paper towels to wipe excess grease on pots and pans and throw away with the trash.
- Remember, garbage disposals don't keep grease from sticking to the pipes. Use strainers in sink drains to catch scraps and throw them away with the trash.
- Talk to your neighbors about FOG. One person's fats, oils, and grease in a kitchen sink can cause problems for everyone in the neighborhood.



**THROW IT AWAY WITH THE TRASH**  
That includes anything that is non-  
grease and scraps (put it into a can)

# preserve

## **Disposable, pre-moistened wipes and towelettes can cause backups and overflows when flushed instead of tossing them in the trash.**

Although advertised as flushable, many wipes do not sufficiently degrade on their way through the sewer system.

Problems start when warm fats, oils, and greases are sent down the drain. These congeal and when they mix with the disposable wipes, the resulting blockage can cause costly back-ups or overflows in homes. The wipes also jam pumps and cause other major problems at the wastewater treatment plant.

### **Don't flush anything that doesn't belong, especially:**

- disposable diapers
- baby & personal wipes (even if they say "Flushable")
- feminine hygiene products
- dental floss
- Q-tips
- paper towels
- tissues
- soiled clothes
- fats, oils and grease
- coffee grinds
- kitty litter



**ASH.**

**flushable and use proper disposal of (in or similar container).**



Lake Arrowhead  
Community Services District  
P.O. Box 700  
Lake Arrowhead, CA 92352  
(909) 336-7100