



# Healthy Sewers Social Media and E-News Content

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Help us encourage your community to keep our sewers healthy with social media posts and newsletter content below.

Videos and images to accompany newsletter and social media copy are provided below. To download a specific item, click on it and it will open in a new browser window. Right click on the image and select "save-as" to save to your computer.

[Click here](#) to download a zip file of all graphics (125MB).

## Long Beach Social Media Accounts

Tag us!

-  Facebook [@lbwater](#)
-  Twitter [@LongBeachWater](#)
-  Instagram [@lbwater](#)

Hashtag  
[#LiveH2OLB](#)



## Social Media Captions

### Facebook

Ever wonder what happens when you put fats, oils and grease (F.O.G.) down the drain? They form a F.O.G. monster, which can wreak havoc on the sewer system, cause drain damage, and require expensive repairs. Don't let a F.O.G. monster grow in your pipes - put fats, oils and grease in the trash, not down the drain! Learn more from @lbwater at [lbwater.org/healthy-sewers](#). #LiveH2OLB

### Twitter

Ever wonder what happens when you put fats, oils and grease (F.O.G.) down the drain? They form a F.O.G. monster, which can wreak havoc on the sewer system, cause drain damage, and require expensive repairs. Learn how to keep your sewers F.O.G. free with @longbeachwater at [lbwater.org/healthy-sewers](#). #LiveH2OLB

### Instagram

Ever wonder what happens when you put fats, oils and grease (F.O.G.) down the drain? They form a F.O.G. monster, which can wreak havoc on the sewer system, cause drain damage, and require expensive repairs. Don't let a F.O.G. monster grow in your pipes - put fats, oils and grease in the trash, not down the drain! Learn more from @lbwater at [lbwater.org/healthy-sewers](#). #LiveH2OLB

## Newsletter Content

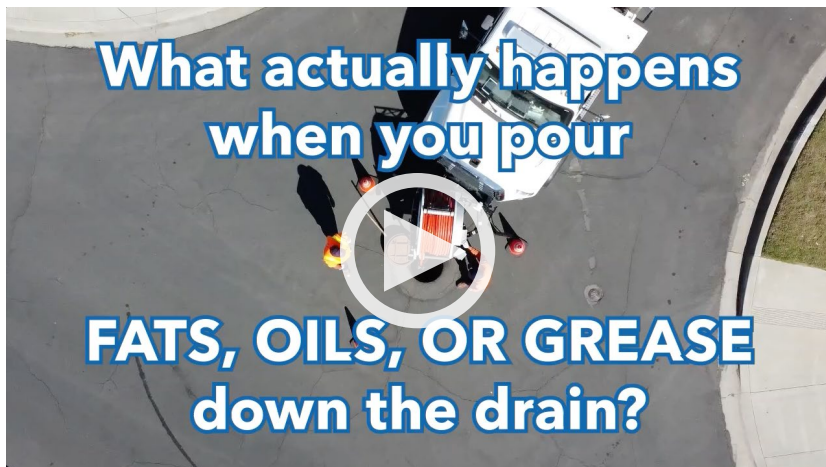
### Put Fats, Oils and Grease in the Trash, Not Your Drain

Did you know you shouldn't put fats, oils and grease (F.O.G.) down the drain? Improper disposal of these items can lead to drain damage, sewer backups and expensive repairs. Running hot water down the drain won't keep F.O.G. from sticking to your pipes. Don't pour any greasy food or oils down the garbage disposal, toilet or any other drain. This includes all meat fats, lard, cooking oil, sauces, butter, and margarine. After cooking, let these items cool and dispose of them in the trash instead. Learn more about how to keep your sewers healthy at [lbwater.org/healthy-sewers](http://lbwater.org/healthy-sewers), and for more tips, follow LBWD on [Facebook](#), [Twitter](#) and [Instagram](#).

## Social Media Images



Videos are available for download below, and on YouTube in [English](#), [Khmer](#), [Spanish](#) and [Tagalog](#).



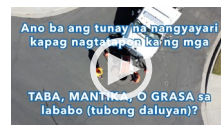
English



Spanish



Khmer



Tagalog

