



## Are you an ICT user?

# Learn how to use your PHONE or TABLET in an efficient way

If we make a responsible use of smartphones and tablets, we will reduce their carbon footprint

*Configure the "energy saving" mode*



Make regular clean-ups of elements you do not use



Disable the functions you are not using (Bluetooth, GPS, WiFi...)



Do not charge your device using the USB port



Do not leave your mobile phone or its charger plugged in for long periods of time



Do not leave your mobile phone switched on while you sleep



To learn more, have a look at the full document "Guía de Buenas Prácticas" (Good Practices Guidelines) in our website