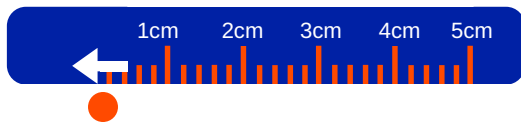


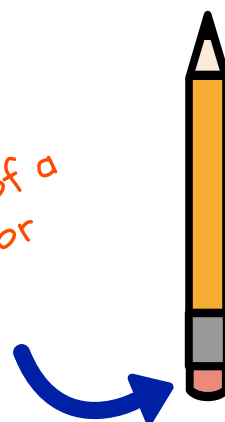
WHAT YOU SHOULD KNOW...

what is a microplastic?

A piece of plastic less than five millimeters in size



That is the size of a pencil eraser or smaller!



microplastics

Where do they come from?



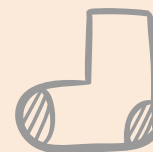
Plastic items that break down into tiny pieces over time



Tiny balls of plastic (called nurdles) that are melted together and molded into plastic items we use



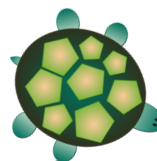
Body wash, toothpaste, and other personal care products. When in these products, we often call them "microbeads"



Quick-dry clothes, fleece jackets, and other non-natural materials. Fibers shed when washed and can end up in the ocean.

Why should we care?

- Microplastics can end up in the ocean
- Fish and other ocean animals may eat microplastics
- Plastics can make these animals sick



What can I do to help?

1. Ask your parent or guardian to buy you clothes made of cotton, wool or other natural material



2. Bring your own re-usable items.
Example: cup, fork, plate, shopping bag



3. Ask your favorite restaurant to stop using plastic cups, forks, straws and to-go boxes.