



92% of bottled and 82% of tap water are contaminated by microplastics.¹

Microplastics are fragments of plastic debris that have broken down into pieces smaller than **five millimeters** in length. When consumed over time, these tiny plastics can cause serious health issues such as various cancers, reproductive problems, weakened immune systems, and more.



This is 5mm.

Fortunately, there are several things we can do to help prevent microplastic water pollution. Flip this card over to learn more.

¹cacoastkeeper.org/a-solution-to-microplastic-pollution



5 WAYS TO FIGHT MICROPLASTIC POLLUTION



- 1.** Air dry your clothes. Studies have shown that machine washing and drying synthetic materials may release over 700,000 microplastic fibers into the environment.

- 2.** Speaking of laundry: Buy clothing made of natural fibers, such as cotton or wool. This can help reduce the amount of microplastics in the water system.



- 3.** Reduce your use of single-use plastics, which if discarded in the environment can break down into microplastics. Try carrying a reusable water bottle, straw, or cutlery when heading out of the house.

- 4.** Cook at home a little more. Reducing takeout containers can have a huge impact on the ocean's (and your) health.



- 5.** Spread the word! Join forces with your friends and family, and help educate them on the importance of clean, safe water.