

## Clean Ocean Action's ~10 Tips for Daily Living~



- 1. Reduce, reuse, and recycle.** Avoid using disposable items such as plastic straws, bags, cups, water bottles, and utensils. Use re-usable items. Recycle as much as possible.
- 2. Conserve the drops** to save water. On average, each American uses between 80-100 gallons of water daily. Turn off the water while brushing teeth, take shorter showers, use low-flow faucets and showerheads. Turn washing machine “load size” down a notch and choose a car wash that recycles water.
- 3. Flip the switch** to save energy. Turn off your lights and appliances when not in use. Unplug your phone chargers and appliances, which use energy even when they are not in use.
- 4. Don't be idle.** Turn off your car when idling for more than 30 seconds. This will conserve fuel, save money, and reduce pollution. Use your best judgment when sitting in traffic.
- 5. Swap bulbs and replace inefficient items** in your home. Replace incandescent light bulbs with compact fluorescent light bulbs (CFL) or light-emitting diodes (LED). Check [www.earth911.org](http://www.earth911.org) for more info and safe CFL disposal options. Buy “Energy Star” appliances.
- 6. Personal Care products** such as shampoo, deodorant, cosmetics, perfume, chap stick/lip sticks, and lotions contain many chemicals that can be hazardous to the environment when they enter the watershed. Use products that are based on plant oils, colors derived from natural preservatives such as titanium dioxide, and fragrance from essential oils and natural preservatives such as Vitamin C and E. Avoid soaps and lotions that contain micro-beads and triclosan.



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**7. Shop wisely.** Purchase environmentally responsible products, such as those made from recycled materials, non-toxic cleaners, and products with minimal packaging. Purchase bleach-free toilet paper made with post-consumer recycled materials. Write manufacturers and retailers to applaud or condemn them for their environmentalism.

**8. Stash the trash** responsibly. Never litter. If away from home, bring garbage/recyclables home for proper disposal. Make sure outdoor trash cans are securely covered so trash doesn't blow away.

**9. Get involved.** Attend town meetings and discuss your concerns with your local elected officials. Write to your elected officials about your environmental concerns. Join an environmental organization.

**10. Spread the word** and educate family, friends, neighbors, and co-workers about how they can improve daily habits to protect our environment. Together, we are the solution.



*Nonpoint source or "pointless" pollution is the #1 cause of coastal water pollution. This pollution has many sources, including stormwater runoff that carries litter, pet waste, fertilizers, pesticides, soil, and waste from leaky sewage systems into waterways. Every time it rains polluted stormwater travels to the nearest storm drain or waterbody that ultimately drains to the ocean. Though people and their everyday habits are often the source of pollution, we can easily become the solution. By making small changes we can make our ocean fishable, swimmable, and healthy.*

For more information and the complete 10 Tip Series visit:



**[www.CleanOceanAction.org](http://www.CleanOceanAction.org)**

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