

# One Word. Plastics

Microplastics—  
THE HUMAN  
IMPACTS AND  
PREVENTATIVE  
MEASURES

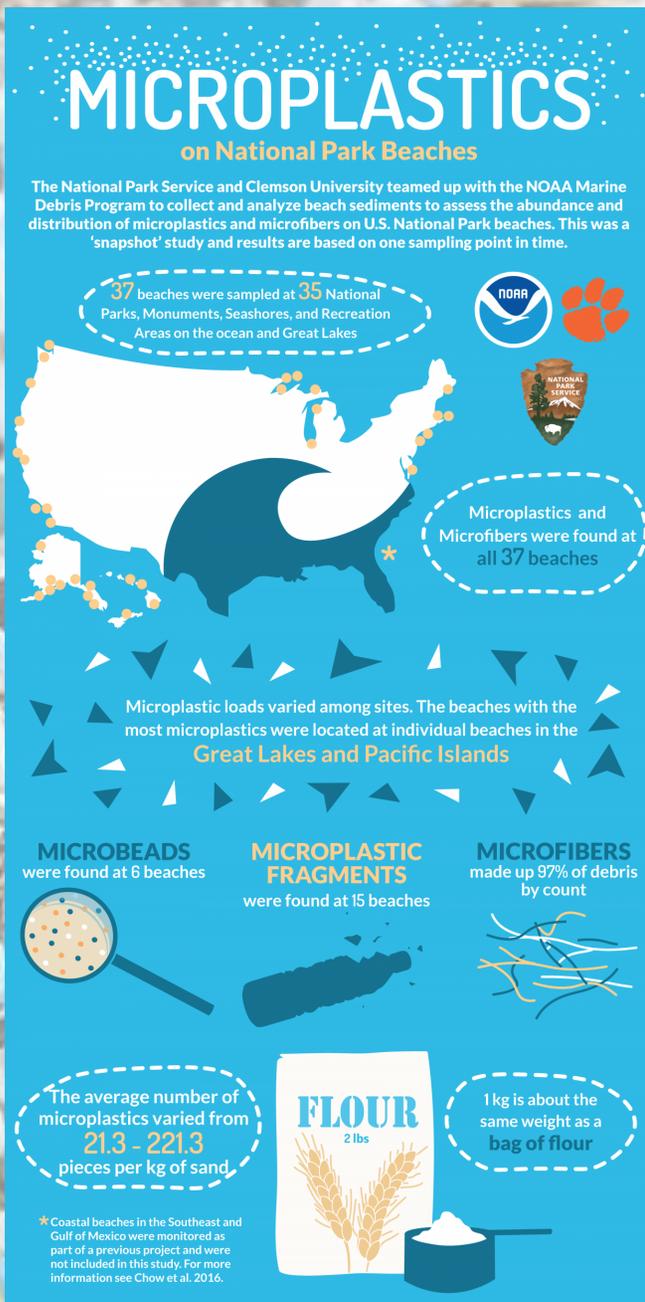


Photo courtesy of NOAA

## DO YOUR PART



*We say we protect the things we love and I love the ocean and I love nature, so it's my turn. —Jack Johnson*

## EFFECT ON SPECIES AND ENVIRONMENT

- These tiny fragments also have negatively impacted lake and river wildlife.
- In a nine week study on the Spokane River, a Gonzaga Senior found on average 12 microplastic pieces in every Nalgene sized sample.
- Researchers continue their work, but can speculate the impacts on both marine and human life
  - Aquatic species often mistake the tiny, colored particles as food and eat the pieces
  - In marine animals, microplastics have been found in 114 aquatic species
  - Animals can starve to death after having stomachs filled with plastic
  - Microplastics can transfer dangerous toxins to the liver
  - Bioaccumulation means that humans can ingest the toxins if eating aquatic species

## WHAT YOU CAN DO

- Invest in multi-use grocery bags
- Use potable, reusable water bottles
- Pick up larger pieces of plastic before they can get into the water systems
- Turn down straws when offered at restaurants or establishments
- “Avoid products containing plastic microbeads by looking for “polythelene” and “polypropylene” on the ingredient labels”
- Support groups like Surfrider and Upstream



## WHAT WE CAN DO LOCALLY

- Participate in river cleanups
- Support city bans on plastic
- Promote corporate responsibility in your town

