

PLASTICS IN THE MARINE ENVIRONMENT

DID YOU KNOW?

More than 8 million tonnes of plastic waste enters the ocean every year.

≈ one truckload every minute

Dissolved contaminants from the water can adhere to the surface of microplastics.

80% of marine plastic waste comes from land-based sources.

Plastic is very slow to break down in the ocean. It breaks down into smaller and smaller pieces. Pieces of plastic less than 5 mm wide are called "MICROPLASTICS".

Larger plastic can affect fish and wildlife through choking, ingestion or entanglement.

Microplastics can be ingested and retained by filter feeders such as shellfish.

Although some research suggests that microplastics don't currently pose a significant health risk for humans, more research is needed.

YOU CAN MAKE A DIFFERENCE WITH THESE EASY STEPS . . .



USE REUSABLE SHOPPING BAGS



CHOOSE REUSABLE PLATES AND METAL CUTLERY

NEVER FLUSH PLASTIC DOWN THE TOILET



RECYCLE PLASTIC WASTE



CARRY YOUR OWN REUSABLE WATER BOTTLE AND COFFEE CUP



AVOID PRODUCTS WITH MICROBEADS
CHECK THE LABEL - DOWNLOAD THE APP
GET.BEATTHEMICROBEAD.ORG/

AVOID PLASTIC STRAWS



DO A #2MINUTEBEACHCLEAN
[HTTPS://BEACHCLEAN.NET/](https://beachclean.net/)



CHOOSE PACKAGE-FREE FOODS OR THOSE IN BIODEGRADABLE PACKAGING



MAKE A SEA CHANGE TO PROTECT OUR OCEAN:

[HTTP://SEACHANGEPROJECT.EU/takeaction](http://seachangeproject.eu/takeaction)

JOIN THE CONVERSATION ON TWITTER:
[#OUROCEANOURHEALTH](https://twitter.com/OUROCEANOURHEALTH)

For sources, see: <http://seachangeproject.eu/MarinePlastics>



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SEA CHANGE
OUR OCEAN | OUR HEALTH