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# How You Can Help Reduce Microplastics

## Refuse, Rethink, Reduce, Reuse, Recycle, Remove

There are many easy things that you can do to help reduce microplastics in the environment. These actions are listed in order of their impact.

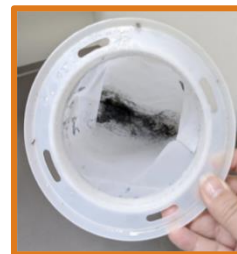
1. **REFUSE**, where possible, to purchase items that are made of plastic, especially single-use plastic, or contain microplastics. The most common things that can easily not be purchased are single-use plastic: bottles, bags, straws, cutlery, and packaging.
2. **RETHINK** the purchasing choices you make based on recyclability. Ask the following questions: Are there options for natural fiber-based clothing/bedding instead of synthetics? If not, are products available with reduced amounts of synthetics? Is the same product available in bulk or without plastic packaging?
3. **REDUCE** the number of single-use plastics and plastic products that you use, and purchase only if you are unable to refuse.
4. **REUSE** the plastics appropriately until they are no longer useable and need to be disposed. Choose reusable, plastic-free options as their replacement.
5. **RECYCLE** plastic items correctly

based on what is accepted in your area instead of throwing them in the trash.

6. **REMOVE** plastic materials that have been littered and reuse/recycle/dispose of them. Do not litter or burn plastic trash.

## Did You Know?

Synthetic microfibers shed from your clothes and bedding are a form of microplastics. As clothes and bedding are washed and dried, these fibers are released. The lint you find in your clothes dryer trap includes many of these fibers.



These same fibers are found in the water that was used to wash your clothes. Thanks to new technology, filters are now available that can remove a large portion of the fibers from the wash water as it drains from your clothes washing machine. One study found that washing machine filters may remove an estimated 6.4 grams of lint per week from the water sent to the drain. This adds up to 140 million microfibers per year being captured at just one household! Can you imagine if 10% of households added filters to their washing machines? Be a wise consumer and make an effort to help prevent microfibers from being washed down your drain.