

WHAT CAN YOU DO?

1.
Think globally, act locally
and take personal responsibility.
Our behaviour is essential to prevent marine litter.



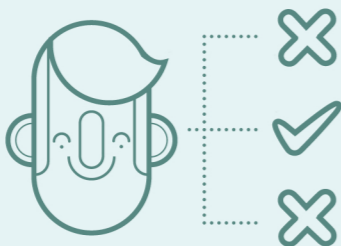
2.
Throw hygienic products in the bins, never in the WC.
Cotton buds, wet wipes, sanitary towels and other similar products can damage the sewer system and can end up in the sea, causing serious environmental problems and clogging fishing nets.



3.
If you like fishing, be careful with your fishing gear.
If it is lost in the sea, marine sea life can become trapped in nets and lines or even ingest the hooks



4.
Be responsible with your consumption: Find out and make a decision.



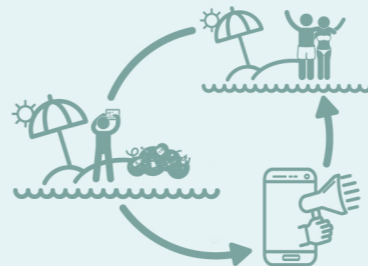
5.
Apply **the 3R rule** in your consumption habits
-Reduce, Reuse and Recycle- and you will be helping to minimize marine litter, which on many occasions originates in your house.



6.
Enjoy nature in a responsible manner.
Don't leave your cigarette butts, packaging or any other waste behind on the beach, in the rivers or sea.
Always bear in mind where you will deposit your rubbish.



7.
Join Citizen Science
To prevent waste, it is necessary to know, and everybody can contribute to knowledge about marine debris in a simply way.
Being a scientific citizen means helping to know better about quantity, types and areas of accumulation of marine litter.
Get informed through the Spanish Marine Litter Association.
www.aebam.org



8.
You can pick up some waste found during your walks along the coast or **you can join local beach clean-ups**



9.
Educate children and young people to respect nature and, through your example, you will **influence your friends and partners to prevent** the abandonment of waste.



10.
When you go sailing, don't throw your waste in the water.
Collect it and dispose of it in the appropriate places in the port

