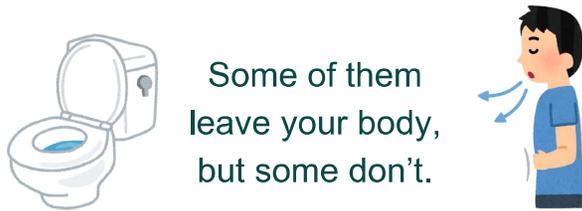
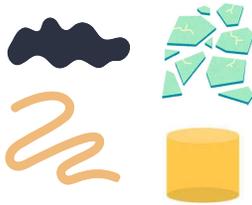


Why do we care?

Microplastics are in our water, air, and food, and can get into our bodies.



There are many types, shapes, and sizes of microplastics that may cause different effects.



Plastics are manufactured with chemicals, and some of those chemicals have negative health effects.

Scientists are studying the effects of microplastics on humans and the environment.



What can you do?

- ✓ Use less plastic or choose non-plastics options.
- ✓ Avoid plastic packaging and cooking or eating with plastic.
- ✓ Choose natural fabrics and clothing.
- ✓ Try wet dusting and vacuuming, or using an air filter.
- ✓ Recycle properly and avoid littering.
- ✓ Choose tap water over bottled water, or use a water filter.
- ✓ Get involved in litter clean-ups.
- ✓ Learn about policies related to plastics and microplastics.
- ✓ Stay up to date on research from reliable sources.



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LOMP is a hub for research and community engagement on microplastics in the Great Lakes

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