



Heal the Bay

10 ways to heal the bay

1. Keep Your Litter Out of the Gutter

Keep pet waste, yard trimmings and trash off the street and out of the storm drains so they don't end up in the ocean. Report full catch basins to the Dept. of Public Works:
LA City: 800.974.9794
LA County: 800.675.4357

2. Sack the Plastic Bag

Bring your own reusable bags to the grocery store. Plastic bags create loads of unnecessary litter; they are easily blown by the wind, and they often end up in the ocean. Plastic takes hundreds of years to degrade and creates hazards for marine life and other wildlife.

3. Hold Onto Your Balloons

Released helium balloons eventually pop and fall back to land, ending up in the ocean where animals mistake them for food. Always pop balloons and put them in the trash.

4. Beware of Six-Pack Rings

Avoid buying them, or cut them up before you throw them out. Marine animals choke on garbage and get tangled in trash. Unlike people, birds and fish don't have hands to remove items caught around their necks.

5. Don't Be a Drip

Turn off the faucet when you don't need it. Fix leaky pipes and install low-flow shower heads and toilets. Overwatering is wasteful and moves trash and toxins to the ocean. Conserving water also helps the sewage treatment plant do a better job.

6. Go Non-Toxic

Avoid buying toxic products like liquid drain openers. Use pesticides as little as possible and look for non-toxic alternatives. Use compost instead of chemical fertilizers. If you must use harsh chemical products, bring them to authorized household hazardous waste drop-off centers. For locations near you, call 1-800-CLEAN UP, or visit <http://ladpw.org/epd/hhw>

7. Make a Clean Sweep

Use a broom, not a hose, to clean sidewalks and driveways. Sweep trash into a dustpan, not the gutter, and use the garden clippings as mulch to fertilize your yard.

8. Recycle Used Motor Oil

You can recycle your used motor oil at gas stations, auto parts stores and garages. Never pour it down the drain, in the gutter or on the ground. Motor oil is extremely toxic. Call 1-800-CLEAN UP for a location near you.

9. Go to a Car Wash

Most car washes recycle their water. If you clean your car at home, wash it on the lawn. Use a bucket to conserve water and use biodegradable soap.

10. Become a Part of Heal the Bay

By volunteering or becoming a member, you'll help us continue to protect the Santa Monica Bay and all of California's coastal waters.

How to Stay Healthy When You Go to the Beach

- Wait three days after a rainstorm before going in the water
- Swim at least 100 yards away from a flowing storm drain outlet (the size of a football field)
- Avoid puddles in front of storm drains
- Avoid enclosed beaches with poor tidal circulation
- Check Heal the Bay's Beach Report Card at healthebay.org/brc. Learn how to access the Beach Report Card through text messaging by visiting healthebay.org/brc/sms