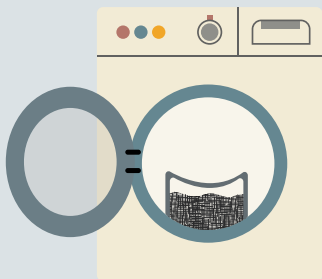


# Want to know what to do about the microplastics problem?

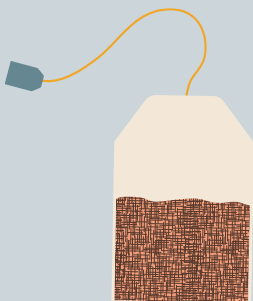
Here are 7 simple, evidence-based solutions to target your efforts.

Wash synthetics clothing less, and use high-efficiency cycles (don't wash them on the delicate cycle).



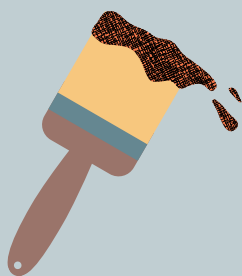
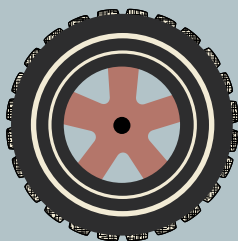
Clean out those dryer lint catchers every load.

Don't buy single teabags made from plastic.



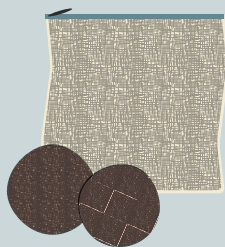
Don't litter (DUH), including your cigarette butts. Cigarette filters are synthetic materials that break down into tiny pieces.

Carpool to reduce synthetic rubber tire wear. You can also choose tires that have a higher wear resistance.



When washing out paintbrushes, dispose of washwater as you would dispose of paint (fill it with kitty litter, wait for it to harden, seal the container, and throw it in the trash).

Employ products to catch microfibers in your washer (mesh bags), dryer (balls), or filters on your washer lines.



Reduce your single-use plastic overall use of plastics by through reusable mugs, water bottles, forks, refillable containers, and bulk home goods (bar soaps, laundry detergent, etc.).



**#microplastics**  
**#lesswaste**  
**#beatplasticpollution**