

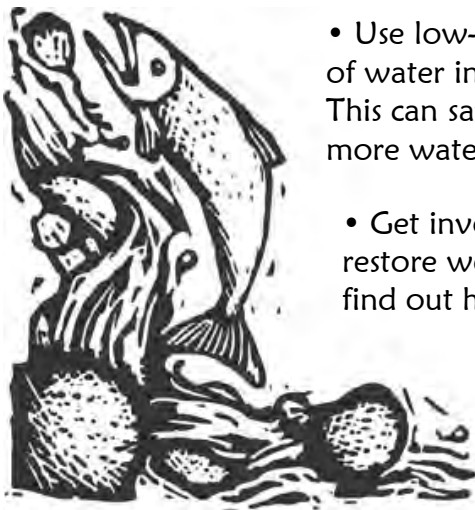
Handout – How Can You Help Protect Salmon



How Can You Help Protect Salmon?



- Use the bus, car pool, ride your bike, or walk whenever and wherever you can! This keeps the air and water clean for all of us, including salmon!
- Limit your shower time and turn off faucets/showers when you are not using them! When you conserve water, you leave more water for the salmon!
- Storm drains go right into our rivers, lakes, and wetlands. Wash your car on the lawn to prevent soap from going into storm drains. Never dump liquids with chemicals down storm drains! Salmon cannot live in polluted water!
- Conserve electricity by turning off the lights when you are not using them! Conserving electricity means less need for dams and more salmon!
- Stay on trails when hiking or riding! Never ride your bike or off-highway-vehicle in creeks or fragile wetlands that are home to salmon.
- Compost and then use the compost instead of fertilizer for your garden and plants! This helps reduce waste and keeps chemicals and fertilizers out of our rivers and streams!
- Plant native plants! Native plants are better adapted to the environment so they need less water and do not need fertilizer or pesticides. This saves water for the salmon and keeps the rivers healthier!
- Be careful what you flush down your toilet or sink! Only flush biodegradable products. Avoid chemicals and try to avoid using the garbage disposal!
Anything you flush or drain makes its way to our streams and rivers.



- Use low-flow toilets and showers, or stick a brick or jug of water in the back of your toilet to make it use less water. This can save $\frac{1}{2}$ gallon of water per flush, which leaves more water for salmon!

- Get involved! Volunteer with your community to help restore wetlands and riparian zones. Contact your city to find out how and where you can volunteer!

- Share what you know! Tell your neighbors, friends, and parents what you've learned and teach them how they can help salmon too!