

# REDUCING EXPOSURE TO MICROPLASTICS

## WHAT I CAN DO

Filter all drinking water

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Avoid heating food in plastic containers

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Use glass, stainless steel, or ceramic containers for food storage and reheating

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Choose fresh, unpackaged foods and wash well.

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Limit eating larger fish that may accumulate more microplastics.

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Replace tea bags with loose-leaf tea and a teapot

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Avoid using plastic utensils and straws.

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Vacuum regularly to reduce microplastic accumulation in household dust.

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Choose natural fibre clothing over synthetic materials to reduce microfiber shedding.

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Do not use takeaway coffee cups lined with plastic.

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