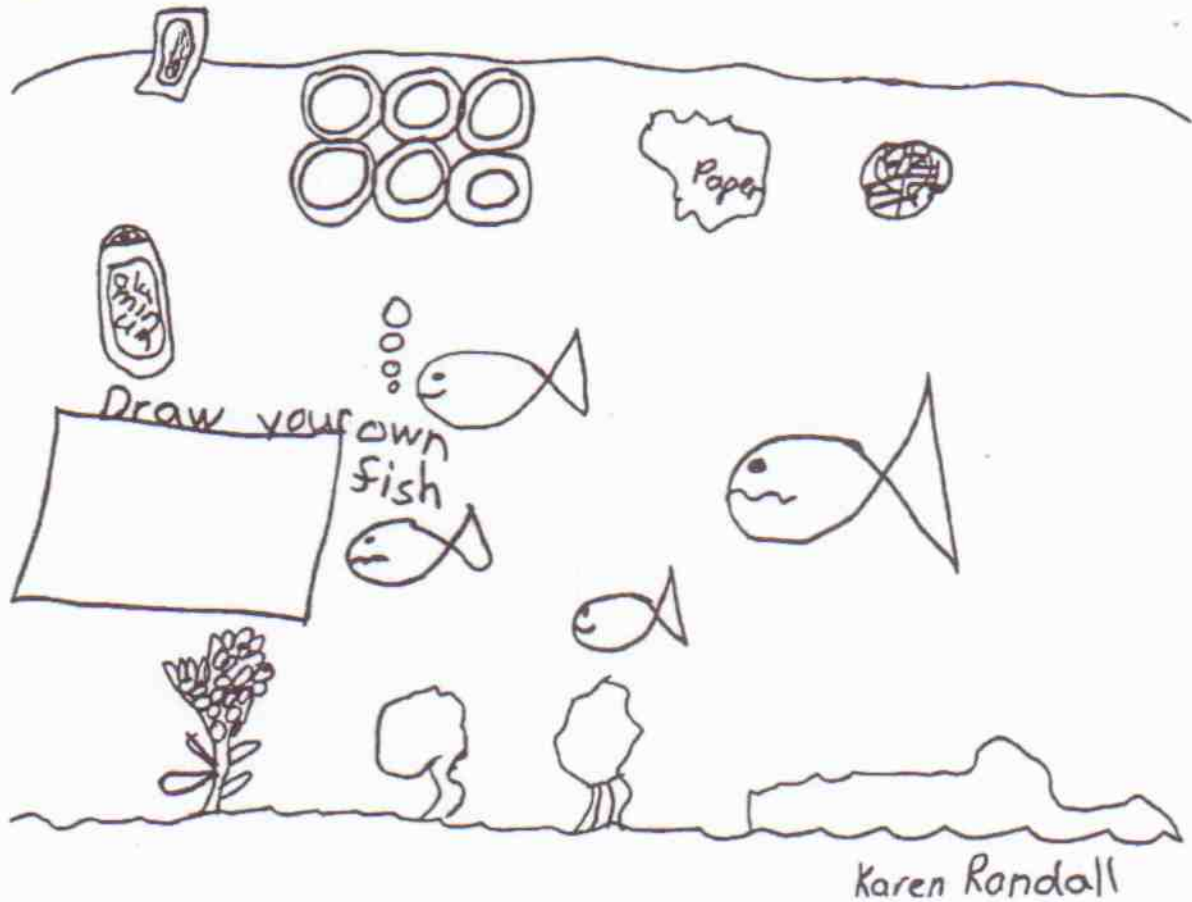


What you can do to help keep your waterway healthy

There are lots of things kids can do to prevent water pollution.

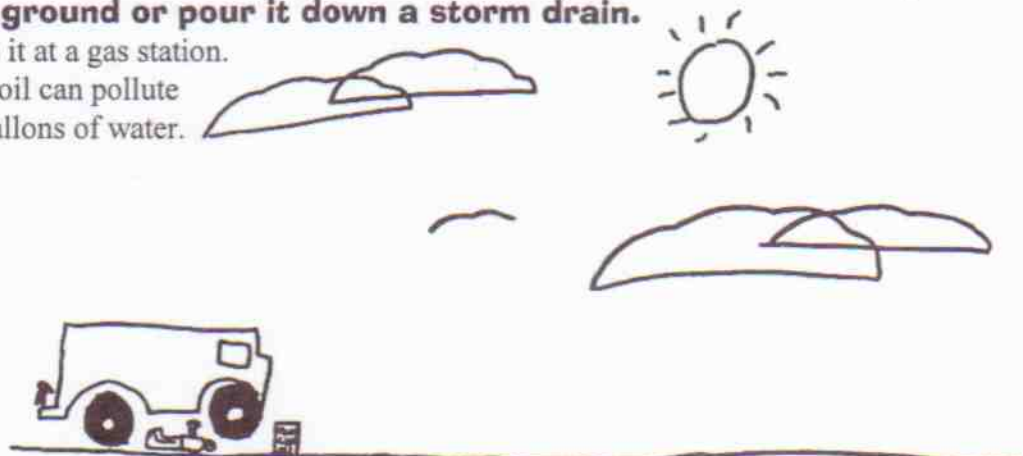
Don't litter. If you visit a river or go to the beach, don't throw trash in the water. Creatures live there. How would you like it if people dumped garbage in your house?



If you know someone who changes the oil in their car, make sure they don't dump it on the ground or pour it down a storm drain.

Tell them to recycle it at a gas station.

One quart of motor oil can pollute up to two million gallons of water.



Adopt a stream or river.

Your family or class can learn how to do water quality monitoring. Pick a place that's easy and safe to get to. You can do tests on the water using chemical kits or by catching and counting macroinvertebrates a couple times a year. Groups like the Izaak Walton League of America or the Alliance for the Chesapeake Bay can teach you how.



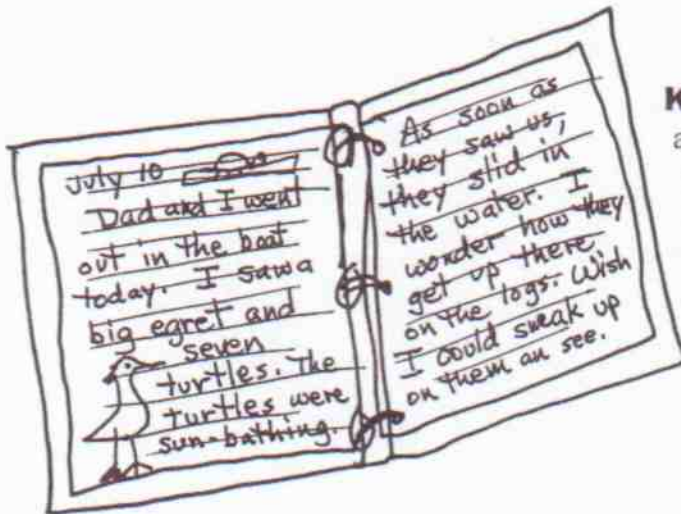
stonefly nymph



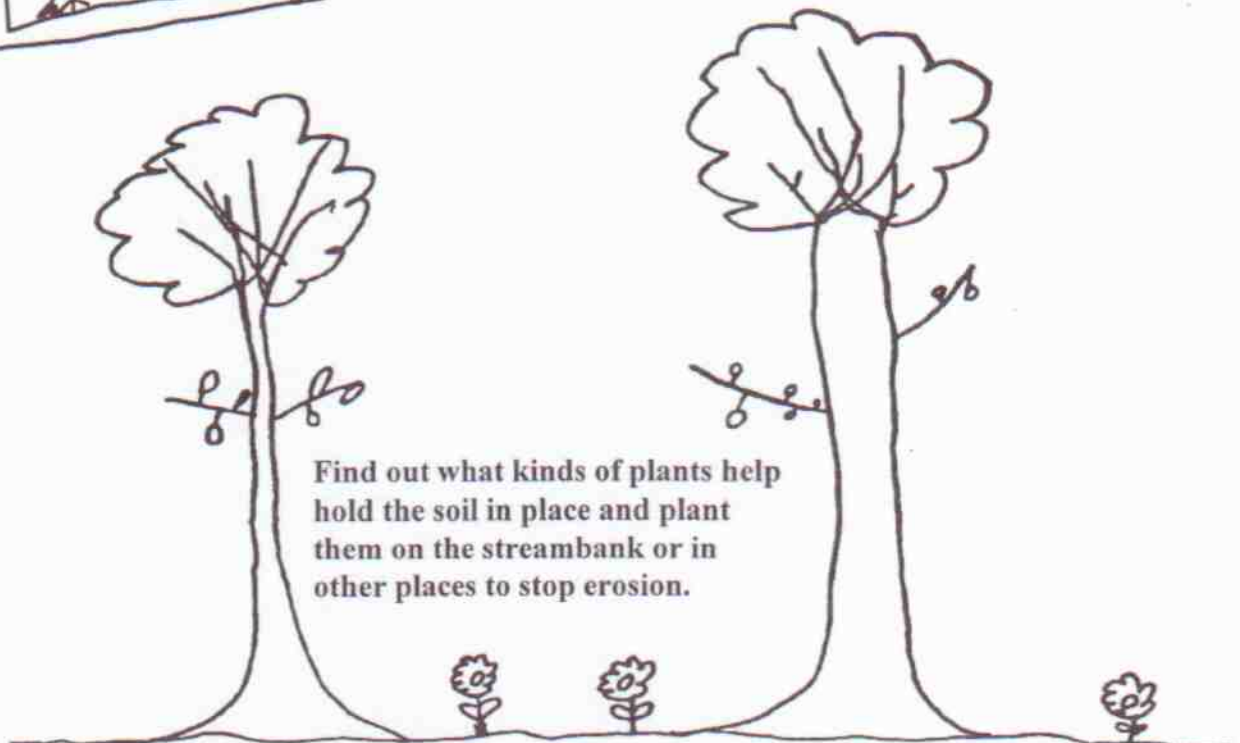
damselfly nymph

Clean up the river bank.

Get a group of friends and an adult or two, take along some trash bags and clean up trash along the river bank or beach. Many groups have organized clean-ups from boats and canoes. Sometimes there's even a party afterwards to celebrate what a great job everyone did! Look in the newspaper, especially in the spring and fall for special clean-up events.



Keep a journal of what you see and if anything is changing. You might want to record what the water looks or smells like, what kinds of animals, birds or fish you see or if new houses are being built close by. Has it rained a lot lately? Is it summer or winter? How does that affect the river?



Find out what kinds of plants help hold the soil in place and plant them on the streambank or in other places to stop erosion.

Clean up after your pet.

**BE A...
POOPER...
SCOOPER**



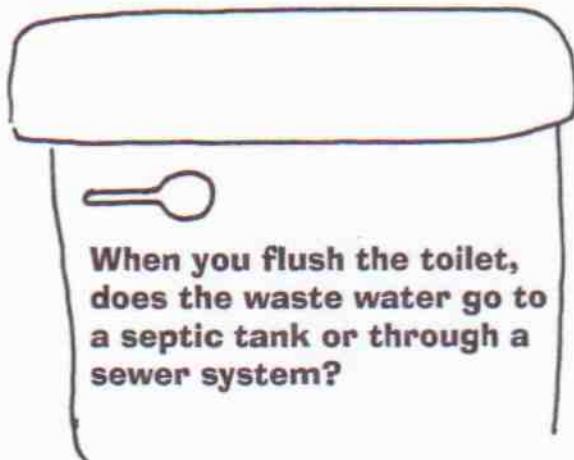
Bury animal waste in the leaves so it won't wash down the street and end up in the river.

Find out where your water comes from and where it goes.

Do you get your water from a well? Does your water come from a reservoir? Does it come from a water treatment plant? Whose job is it to make sure your water is O.K. to drink?

My water comes from _____.

It is _____'s job to make sure my water is safe to drink.



When I flush at home, the water goes to a _____.

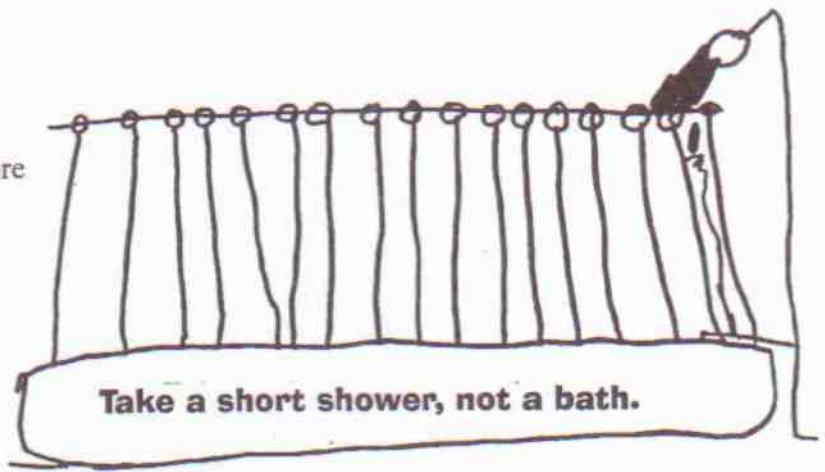
When we flush at school, the water goes to a _____.

Toilets use 3-6 gallons of water with each flush. If your family agrees, at home flush less often ... after 2 or 3 uses or when there is solid waste. Never use the toilet as a trash can to flush away things like gum wrappers, paper towels or your dead goldfish. Flushing some things down the toilet can ruin your septic system.

Save water.

Take a short shower, not a bath. You'll use less water. Get out before your Mom yells at you. Running a shower uses five gallons of water per minute. A bath takes about 35 gallons.

If you *really* hate to take baths, use water conservation as an excuse not to take a bath if you really don't need one!



Patrick Feucht



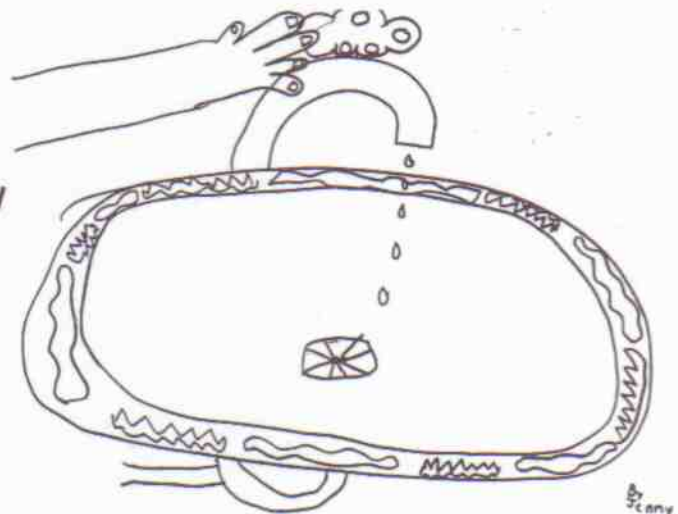
Turn off the water while you're brushing your teeth.

If you leave the water running while brushing your teeth, as much as 2 gallons of water can go down the drain.

by Michelle Pingree

Help grown-ups fix the drippy faucets in the house.

America has more faucets and toilets than any other country. Washing dishes by hand takes about five gallons of water. Running an automatic dishwasher uses about 30 gallons.



by Emily