Small changes to your daily routine can help protect aquatic environments

and they help improve the planet for ALL of us. There are four ways YOU can help today...

CHESTER ZOO

Overfishing is destroying marine ecosystems

Both targeted and non-targeted species are suffering from unsustainable methods of fishing.

Bycatch get tangled in fishing nets and drown

Every year *thousands* of species are unintentionally caught, including:

300,000 small whales, dolphins and porpoises

160,000 seabirds

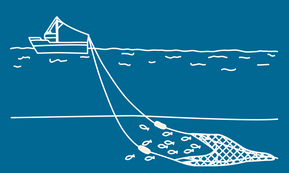
3.3 million sharks and rays from the Pacific Ocean alone

Unsustainable fishing methods include...

Trawling

A funnel shaped net that's dragged through the water at different levels.

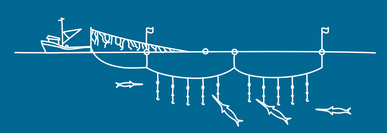
It has the highest yield but is also the most destructive. The net destroys the seabed and gathers the most bycatch.



Long lining

A main line with lots of hooked lines attached.

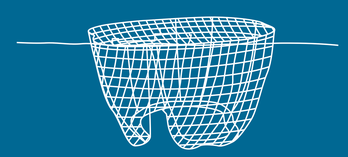
These are used at the surface or on the seabed. If they're not checked regularly they will attract bycatch.



Purse seining

A net used like a drawstring purse.

This works well for catching whole schools of herring or tuna. But it can trap other species like dolphins.



But we can use sustainable fishing methods like...

Pole and line

One fish is caught at a time.

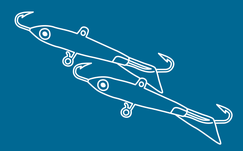
This ensures that nothing other than the targeted species is caught. But it only works on a small scale and is time consuming.

Look out for dolphin-friendly line caught tuna in the supermarket!

Jigging

Fishing with artificial lures on single lines.

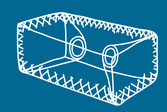
They're frequently checked by hand and this method has a low rate of bycatch.



Traps

Wire or wood cages that are lowered to the seabed.

They trap shellfish without damaging the seabed. The fisherman can then check the cages and return non-targeted species back to the sea unharmed.



Single use plastics damage marine ecosystems

Animals are *harmed* when they ingest or get entangled in these plastics.

One plastic bottle can break down into *10,000* pieces of microplastic

Plastic easily absorbs TOXIC chemicals that harm wildlife when they consume them

This means that when we eat seafood we're also eating these toxins.

One plastic particle can absorb up to 1 MILLION times more toxins than the water particles

Plastic bottles, bags and food packaging make up the majority of plastic pollution in the sea

Seabirds, coral reefs, marine mammals and turtles are all known to ingest floating plastics. An estimated 1 million seabirds and 100,000 marine animals die every year from consuming plastics.

Plastic bags can take 400 to 1,000 years to *break down.*

2 YOU can help by using less plastic...

...choose food products with less packaging
...bring your own bag to supermarkets
...have a reusable water bottle
...stop buying disposable cutlery and straws

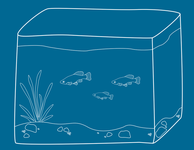
1 YOU can help by checking that your seafood products have been sustainably sourced

Look for the MSC, asc, RSPCA monitored or organic logos on food packaging. Or use the free Good Fish Guide app when you shop. Visit goodfishguide.org for more details.

Being a responsible pet owner

Marine fish are often TAKEN from the wild for the pet trade

They're difficult to breed in aquaculture. So they're collected from coral reefs in high numbers to supply demand.



3 YOU can help by checking that the fish you're buying are bred in captivity

Make sure you buy the right tank for your pet

If the tank isn't big enough, the water quality will be poor. And if it isn't the right shape, there won't be enough oxygen getting in the water. And this will harm your pet.

4 YOU can help by choosing the right tank size to suit your pet and maintaining tank water quality

Find out more about illegal wildlife trade via actforwildlife.org.uk/illegalwildlifetrade