



10 tips to stop microplastics.

Microplastics are released during the production, use and disposal of plastic products. There is no place in the world without tiny microplastic particles. They make their way from your household to the remotest depths of the deep sea. They fuel the climate crisis and have a significant impact on animal and human health. Yet the problem is massively underestimated, and little is done about it.

Every contribution counts to reduce microplastic pollution. Join in!

TIP 1 SINGLE-USE PLASTICS



Avoid disposable packaging and reduce plastic item usage. Large quantities of microplastic are released into the environment during the production, transportation, and disposal of raw plastic materials (pellets, granules, etc.). By the way: Cigarettes, chewing gum, and handkerchiefs release microplastics and also don't belong in nature.

TIP 2 TIRES AND SHOE SOLES

Avoid unnecessary rubber and plastic abrasion. Look for tires and shoe soles made of high-quality, abrasion-resistant, and durable materials. Soles made with natural rubber often have less abrasion. However, they are often mixed with synthetic rubber, making them a source of microplastic pollution, too.



TIP 3 TEXTILES

Clothing and home textiles made partially or entirely from synthetic materials cause microplastic pollution. This includes curtains, carpets, upholstered furniture, socks, and fleece sweaters. To hold back the tiny plastic fibers, use the **GUPPYFRIEND** Washing Bag when doing your laundry. And when possible replace synthetic textiles with durable textiles made of natural materials.



TIP 4 CLEANING, WASHING AND IMPREGNATION AGENTS

Please pay attention to the ingredients: Synthetic fragrances, dyes, gelling agents, and additives are often not naturally biodegradable and therefore belong neither in nature nor in our wastewater. And be careful: even supposedly microplastic-free products can pollute wastewater with dissolved, gel or liquid polymers – ergo, plastics.



TIP 5 CLEANING TOOLS

Synthetic brooms, sponges, and rags create large amounts of tiny microplastic particles through abrasion. All dishcloths and cleaning cloths should be made of natural materials, as this prevents microplastics from being created in the first place.



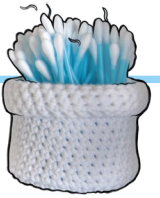
TIP 6 BODY CARE

Educate yourself about all ingredients. Avoid petroleum-based fats - e.g., Kerosenes, Ceresin, Petrolatum - synthetic colors and fragrances, and any products containing microplastics - e.g., Acrylates Copolymer.



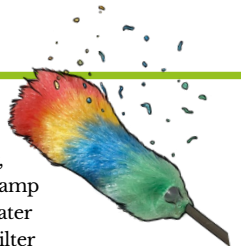
TIP 7 TOILETRIES

Many items in your bathroom are made of plastic or coated with plastic, and they break down into smaller and smaller particles: Microplastics! Wastewater treatment plants can only partially keep them out of nature. Therefore, wet wipes, cotton swabs, cotton pads, tampons, and sanitary pads belong to the residual waste, not the toilet.



TIP 8 HOUSE DUST

House dust contains a significant proportion of microplastics. Since dusters disperse the particles into the air, we recommend picking up dust with a damp cloth. Remember to filter the cleaning water continually. The **GUPPYFRIEND** Bucket Filter will aid you with this



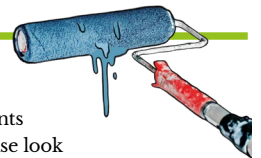
TIP 9 BIOPLASTICS

Don't be fooled. Even if they are made from bio-based materials, bioplastics don't belong in organic waste garbage or compost; they are primarily materials that only decompose in industrial composting facilities. Many bioplastics, if they end up in the environment, become microplastics and have similar negative consequences, just like petroleum-based plastics.



TIP 10 PAINTS AND VARNISHES

Fragments of cured acrylic, silicone, and synthetic resin paints end up in the environment as microplastics. Avoid paints made from synthetic materials, and please look for natural alternatives wherever possible.



YOUR SOLUTION TO STOP MICROPLASTICS