

→ INSPIRE OTHERS

Share how you are helping the Southern Resident orcas by posting and tagging photos on Instagram or Twitter with **#orcaaction**. Or, search for that hashtag to get inspired by others!



→ ACCESS RESOURCES

Learn more about how you can help the orcas and find links to helpful resources at: **ssamn.org**



Become a Steward



ORCA

ACTION GUIDE

Get Involved →



HELP WILD SALMON

Salmon make up 98% of a resident killer whale's diet, and salmon populations have declined by as much as 90%.

- Purchase seafood from sustainable fisheries. Seafood watch programs, while helpful, are just one tool to reference since they are based on human consumption, not the needs of other animals.
- Support salmon habitat restoration projects.
- Vote for politicians and measures promoting salmon conservation.
- Refuse to eat Atlantic salmon farmed from ocean net-pens.
- Avoid products made from forage fish.



HELP REDUCE TOXINS

Local orcas are one of the most contaminated marine mammals on the planet, impacting their immune systems and reproductive success.

- Use environmentally friendly, "green" products for your household and lawn care.
- Check regularly for fluid leaks in your vehicle.
- Encourage your local government to ban the use of PBDEs and flame retardants in products.
- Comment on water quality standards and insist on improved quality and reduced chemicals.
- Dispose of hazardous materials properly.
- Buy organically grown food.



LIVE GREEN

Wild killer whales can live more than 100 years. A plastic bag that ends up in the ocean lasts five times that long!

- Assess your ecological footprint to conserve energy, water and other natural resources.
- Reduce, reuse, and recycle – including electronics.
- Avoid plastics. For example; use stainless steel water bottles, utensils and straws.
- Take reusable shopping bags with you when you shop.
- Buy local and purchase products that will last.
- Walk, bike, carpool, or take public transportation.