



What Can I Do? How Can I Help?

Product Purchases and Spreading Awareness

Be a consumer and water advocate!

Refer to the section titled “PCB Reduction Challenge” on this display. A key strategy to eliminating PCBs is to STOP ALLOWING PRODUCTS TO CONTAIN THEM. Because products are still allowed to contain PCBs, **ask product suppliers if they know if their products contain PCBs?** If enough people are bringing attention to it, more corporations might evaluate their products by asking the same question of the manufacturers. Just like organic foods and cage-free eggs have reached market viability, perhaps PCB-free products could reach the same point if the consumer demands it. When asking the question, anticipate that the employee won’t know the answer but the question simply raises awareness.

- ◆ Ask the oil change business you patronize if they would find out if their oil is PCB-free. If they say it is, ask if they have documentation to show that.
- ◆ When purchasing paints or dyes, check with them to see if they ask the product manufacturers about PCB content.
- ◆ Request plain packaging that uses less ink since a lot of common packaging contains PCBs due to inks and dyes.

Product Use and Proper Disposal

- ✔ Maintain your vehicles and especially don’t allow fluids to leak onto your driveway or garage floor. If you change your own oil, dispose of it properly.
- ✔ Don’t rinse chemicals, solvents, oil, paints, etc. down your home drains or into stormwater drains.
- ✔ Properly store and dispose of business and household waste. Learn what, why and where to dispose of hazardous waste at www.spokanewastedirectory.com.

Changing one’s personal lifestyle can feel overwhelming at times. Focus on one small personal action each month and layer them into your habits slowly.

Share this information with friends and family to have a greater overall impact.

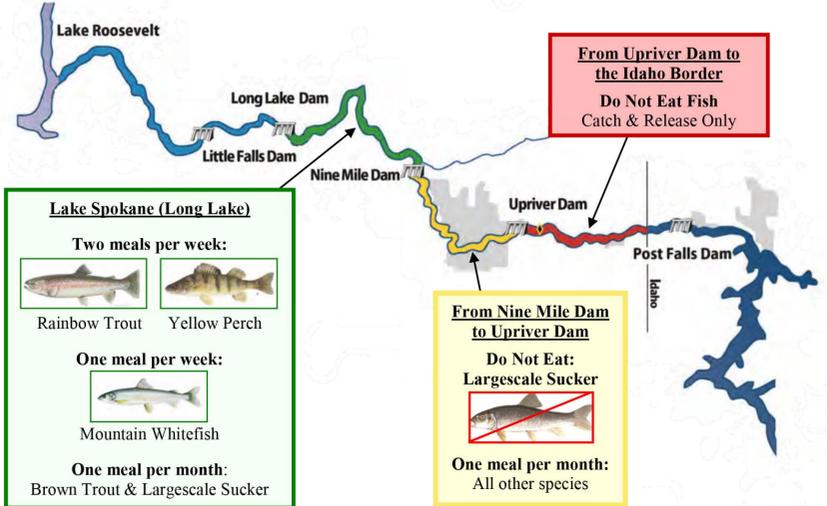


Fish Advisory

A fish advisory – guiding fish consumption in the Spokane River – exists because of known levels of PCBs and PBDEs in fish tissue. Make yourself aware of fish advisories in the waters where you live and prepare and cook fish accordingly.

Safe Fish Eating Guide

Follow These Guidelines to Enjoy Spokane River Fish & Protect Your Health



Health Benefits of Fish

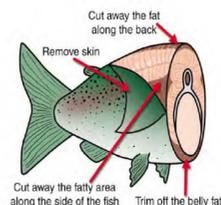
Continue to eat fish to gain the health benefits, but choose fish wisely to protect yourself and your family from contaminants in fish.

- Fish is healthy heart and brain food.
- Fish is high in protein, nutritious, and low in fat.
- Fish is full of omega-3 fatty acids which are important during pregnancy for the healthy development of your child’s brain, retina, and nerve tissue.

To learn about making smart fish choices at the grocery store, contact the Department of Health to receive a Healthy Fish Guide. Call 1-877-485-7316 or visit www.doh.wa.gov/fish

How to Clean & Cook Fish to Reduce Contaminants

Prepare fish the following way to reduce PCBs and other contaminants that collect in the fatty parts of fish:



- ✔ Remove the skin, fat, and internal organs.
- ✔ Cook fish on a rack so that the fat drips off while cooking.
- ✔ Do not eat the juices, bones, organs, fat, skin, head, or guts.
- ✔ Eat younger, smaller fish.

PAINTING THE BIG PICTURE...

Each one of us contributes to pollution. Our daily choices impact our contribution to all pollution. We can choose whether or not to apply educational information to our personal consumption habits and purchases.

PCBs are just one of many toxics in our environment. Contaminants of Emerging Concern (CECs) are chemicals and other substances with no regulatory standard and whose presence and significance are only now being recognized. These include, but are not limited to:

- ★ Personal care products which contain both chemicals and microbeads
- ★ Pesticides/fertilizers
- ★ Pharmaceuticals
- ★ Household chemicals
- ★ Hormonal and steroidal chemicals
- ★ Veterinary medicines including growth hormones

www.spokaneriverpcbfree.org

PCBs are one of many CECs about which industry, scientists and researchers are gaining knowledge. More work is being done to determine their impact on our natural environment. **In the meantime**, individual efforts to reduce consumption and spread awareness is a valuable personal contribution.