

PLASTIC POLLUTION

Imagine all of the plastic items you have ever used, whether it was a wrapper, shampoo bottle, food container, the ubiquitous polythene carry-bags or any number of other plastic items. All of those disposal plastic items are still floating around somewhere on this Earth, along with the plastic items that billions of other people have used.

Plastic pollution is not only affecting our oceans at an alarming rate, but it is also affecting every desert, every community, wildlife and humans. In fact, toxins leached from plastics are in the bloodstream of virtually every person, including newborns. Cutting down our plastic consumption is imperative to the Earth's long-term health.

Production of Plastics:

World: 160 million tons, **India:** 6 million tons.

Currently 100,000 tonnes of plastic bags are thrown away a year, equivalent to the weight of 70,000 cars.

There are seven symbols currently, each one identifying a different type of plastic.

1. Polyethylene terephthalate (PET)
2. High-density polyethylene (HDPE)
3. Polyvinyl chloride (PVC)
4. Low-density polyethylene (LDPE)
5. Polypropylene (PP)
6. Polystyrene (PS)
7. Other resins, like acrylonitrile butadiene styrene (ABS)

Plastics are not themselves a problem – the problem is the excessive use combined with careless disposal.
Statutory Warning: Plastic packing materials and bags should carry a warning label stating the dangers of plastic pollution.
Shopkeepers: Shopkeepers should be encouraged to use recycled paper bags.

Let us Save the Planet

YOU CAN HELP!

The problem of plastic pollution is serious and requires urgent action. Some tips are given to reduce your plastic footprint.

- 🌿 **Bring your own bag.** Avoid polythene bags. Insist for reusable packing. Always take your own reusable bag for shopping. **REUSE IS BETTER THAN RECYCLING.** You alone can save between 400 and 600 plastic bags per year.
- 🌿 **Less plastic package:** Buy products with less plastic packaging.
- 🌿 **Buy products in bulk.** Small packaging increases cost and adds more packing materials.
- 🌿 Practice and promote proper disposal of plastics in your home and at the public places like airport, railway station, bus station etc.
- 🌿 Never throw plastic or other litter on the pavement or in the gutter.
- 🌿 Use **cloth napkins** instead of disposable napkins.
- 🌿 Avoid using disposable utensils by keeping reusable utensils in your car or briefcase.
- 🌿 For parties, if you must use disposable items, use compostable plates/cups such as made of areca leaf.
- 🌿 Purchase toilet paper rolls that come individually wrapped in recycled tissue paper, rather than plastic.
- 🌿 In your apartment block develop policies that curb the irresponsible use of plastic.
- 🌿 Come together and form a union against the onslaught of plastic in your environment for the well-being and public health.

