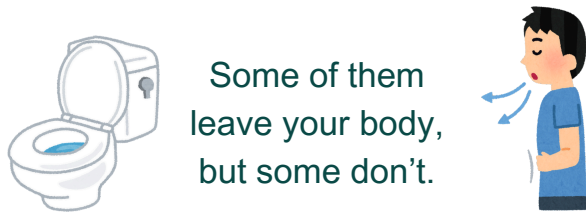
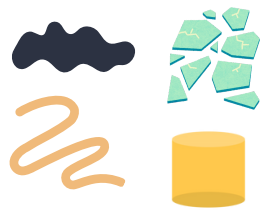


# Why do we care?

Microplastics are in our water, air, and food, and can get into our bodies.



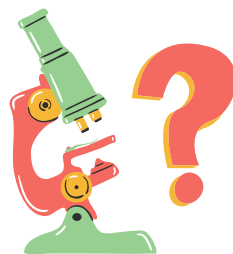
There are many types, shapes, and sizes of microplastics that may cause different effects.



Plastics are manufactured with chemicals, and some of those chemicals have negative health effects.



Scientists are studying the effects of microplastics on humans and the environment.



# What can you do?

- ✓ Use less plastic or choose non-plastics options.
- ✓ Avoid plastic packaging and cooking or eating with plastic.
- ✓ Choose natural fabrics and clothing.
- ✓ Try wet dusting and vacuuming, or using an air filter.
- ✓ Recycle properly and avoid littering.
- ✓ Choose tap water over bottled water, or use a water filter.
- ✓ Get involved in litter clean-ups.
- ✓ Learn about policies related to plastics and microplastics.
- ✓ Stay up to date on research from reliable sources.



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[LOMP.urmc.edu](http://LOMP.urmc.edu)



# LOMP

Lake Ontario MicroPlastics Center

**RIT** | Rochester Institute of Technology



LOMP is a hub for research and community engagement on microplastics in the Great Lakes

Last Updated 12/24

# What are microplastics?



Microplastics are pieces of plastic that smaller than 5 mm; smaller than a pencil eraser!

## How are they made?

Some microplastics come from the breakdown of larger plastics. Others are created, like plastic pellets (called nurdles) or glitter.

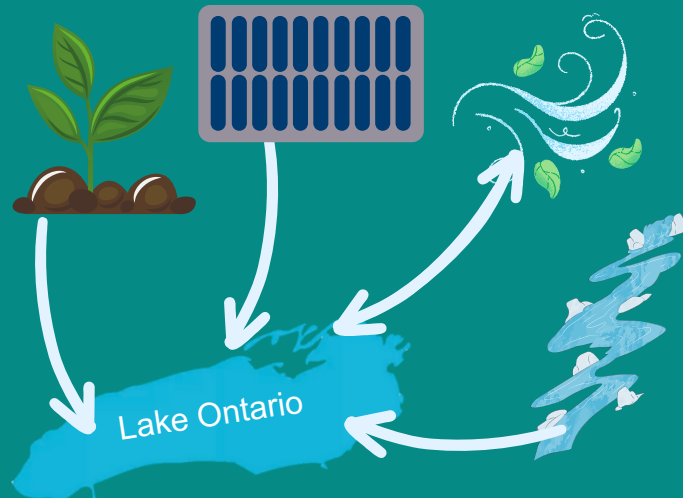


Any plastic item can break down into microplastics.

## Where do they come from?

- Paint chips
- Building materials
- Fibers from clothing
- Cigarette butts
- Plastic packaging
- Tires
- Fishing gear
- Nurdles
- Plastic litter
- Hygiene products
- ...and more!

# Where do microplastics go?



Microplastics can be carried over the landscape through the air, or by water and can enter Lake Ontario.



They can end up in the air we breathe....

the food we eat....



and the water we drink.

We're trying to figure out what that means for human health and the environment.

# What are our scientists learning?

Microplastics are very small and diverse. They are very hard to study, so there's a lot that scientists still don't know.



We're measuring microplastics in the environment. We're studying where microplastics come from, where they go, and how they affect our environment.

We're studying how exposure to microplastics in the air and water affects cells and organ systems. This will help us understand potential effects on human health.



We're developing methods to help scientists study microplastics. We're educating people to help them get involved.