



Seven ways to protect your local watershed

We all use water and we all need to work together to protect it. Here is a list of seven easy things you can do today to help protect your local watershed.

What can I do?

1. Don't medicate our streams

Problem: Many pharmaceuticals and personal care products are not removed during water treatment processes. This can lead to our aquatic life being medicated.

Action: Discard all pharmaceuticals and personal care products at proper disposal sites, or with your solid waste. Never flush them down your drains!¹



Faungg's/Photo on Flickr



2. Rain barrels and rain gardens

Problem: Stormwater can carry debris and pollutants, stressing local waterways.

Collecting stormwater in a rain barrel can improve water quality in our local waterways.²

Action: Install a rain barrel or rain garden at your own home or in your community.

3. Decrease water consumption

Problem: Utah is the second driest state in the nation. With our growing population and limited water supply, water conservation is important.

Action: Buy water wise appliances. Landscape with native plants to reduce outdoor water use. Schedule a free water check with slowtheflow.org to check your sprinkler efficiency.³



4. Plant a tree

Problem: Lakes and streams without trees along side them tend to have more pollution, higher erosion, and higher temperatures, which are harmful for fish and aquatic life.

Action: Volunteer for tree planting or riparian restoration. Contact your [local watershed coordinator](#) for local opportunities.⁴



Alexindigo/Photo on Flickr



humanturnip/Photo on Flickr

5. Don't litter/Leave no trace

Problem: Trash and debris left in an area pollute our watershed.

Action: Properly dispose of trash and make sure to pick up dog waste. Practice "leave no trace" principles while recreating outdoors.⁵

6. Protect your stormdrains

Problem: Pollutants that enter storm drains often flow directly into local streams and lakes. This carries oils, sediment, fertilizers and trash to our local water bodies.

Action: Never pour chemicals like oils or paints down storm drains. Use no more fertilizer in your yard and garden than is needed, and be careful to apply only where it will be used. Be careful what lands on your sidewalks--keep sprinklers, yard chemicals, and soaps off the pavement.⁶



7. Don't move plants and animals

Problem: Invasive Zebra Mussels, Quagga Mussels, and Didymo are threats to our local streams and lakes. They limit recreation, damage ecosystems, deplete nutrients from the water, and impact local economies.⁷

Action: Carefully wash and dry boats, motors, and recreation equipment to prevent spreading invasive animals and plants.



U.S. Fish and Wildlife Service



For more information, visit: extension.usu.edu/waterquality

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Date created: February, 2015

Sources for more information:

1. Don't flush medicine

Use Only as Directed. *Safe Disposal: Learn the Facts.*
www.useonlyasdirected.org/safe-disposal/

2. Rain Barrels and Rain Gardens

Utah State University Extension. *Rainwater Harvesting.*
extension.usu.edu/waterquality/htm/urbanstormwater/rain-water-harvesting/

3. Decrease water consumption

Slow the Flow. *Schedule a Free Water Check.*
www.slowtheflow.org/index.php/forms/free-water-check

4. Plant a tree

Arbor Day Foundation. *Take Action.*
www.arborday.org/takeaction/

Trout Unlimited. www.tu.org/

Watershed Coordinators. extension.usu.edu/waterquality/htm/utah-water-quality-directory

5. Don't litter/Leave no trace

Leave No Trace. *Learn.* lnt.org/learn

6. Limit what you put down the drain

Utah State University. *Best Management Practices.*
extension.usu.edu/waterquality/htm/bmps

EPA. *Managing Nonpoint Source Pollution from Households.* water.epa.gov/polwaste/nps/outreach/point10.cfm

7. Don't move plants and animals

Utah Division of Wildlife Resources. *Invasive Mussels.*
wildlife.utah.gov/invasive-mussels.html

Protect Your Waters. *Prevention.*

www.protectyourwaters.net/prevention/

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