

OILS BELONG ON A SALAD.



NOT IN OUR OCEANS.

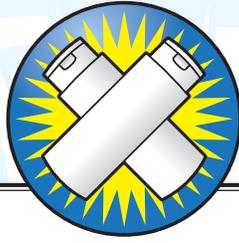
If you use sunscreen, use waterproof lotions, preferably with natural oils and apply at least 30 minutes before entering the water. Wear rashguards to limit the amount of sunscreen you use.



**HAWAII**  
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PHOTOGRAPHY



**The chemicals found in sunscreen and other personal products you may use such as lotions, pain relievers and antibiotics are known as PPCPs- Pharmaceuticals and Personal Consumer Products. These products eventually end up in our waters, through direct contact, stormwater runoff or wastewater outfalls.**

## WE ALL NEED CLEAN WATER.

It's up to all of us to make it happen. In recent years sources of water pollution like industrial wastes from factories have been greatly reduced. Now, more than 60 percent of water pollution comes from things like cars leaking oil, fertilizers from farms and gardens, and failing septic systems. All these sources add up to a big pollution problem. But each of us can do small things to help clean up our water too—and that adds up to a pollution solution!

### WHAT'S THE PROBLEM WITH PPCPs?

There are thousands of chemical compounds in PPCPs; some can be harmful to human and animal health as well as the environment. While the exact overall effect that these compounds have on humans and the environment isn't known, researchers have found that some of these compounds can affect normal endocrine function (important in reproduction) in mammals and fish. Exposure to other PPCPs such as antibiotics can cause resistance in the bacteria that they are meant to treat, thus possibly rendering them ineffective.

### WHAT CAN I DO ABOUT PPCPs?

- Find out what products are considered safe. The Environmental Working Group has tested a variety of products: [www.cosmeticdatase.com](http://www.cosmeticdatase.com)
- Don't dump your unused drugs down the toilet or into the sink. Many drugstores and drug companies have a voluntary take back program. Check out your local County hazardous waste disposal department of the Hawai'i Department of Health. The US Fish and Wildlife Service and American Pharmacists Association have partnered on a new outreach program: <http://www.smarxtdisposal.net/>
- Consider purchasing personal care products that are entirely plant-based, unscented, dye free, and phosphate free. The more "natural" a product is, the more likely it will degrade in the environment.
- Consider purchasing organic or "free range" meat, eggs, and dairy products, which are less likely to contribute veterinary waste to the environment than regular products.
- Check out EPA's website: <http://www.epa.gov/ppcp/>