

# PROJECT CORAL!

## How to protect coral reefs through daily actions.



**Change to LED light bulbs** - LED bulbs generally use up to 80 percent less energy than traditional incandescents, and they last longer.

**Reduce Energy consumption** - Adjust your thermostat, especially when you're not home. Turn off lights when you leave the room, use cold water for washing clothes, then line-dry them.

**Buy less meat** - and opt for sustainable sources when it comes to what you do purchase. By one estimate, consuming a pound of beef gives off more carbon than burning a gallon of gasoline.

**Refuse Plastic Bags** - Bring your own bags when you shop.



**Reduce use of single use plastics** - such as bottled water. In general, driving up demand for plastic means doing the same for fossil fuels.

**Use coral safe sunscreens** - Sunscreens without oxybenzone. Oxybenzone is a chemical shown to damage coral reefs. Consider rash guards and UPF swimwear with built-in sun protection to limit the amount of sunscreen needed.

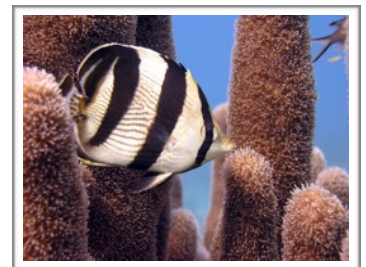
**Don't anchor on the reef** - Use moorings where available, and if boat size limit allows (28' maximum length for Abaco's local reefs). Or anchor in a sandy patch away from the reef.

**Conserve water** - The less water you use, the less runoff and waste water that finds its way back into the ocean.

**Do not use Chemically enhanced pesticides, fertilizers or cleaning products** - These products can end up as runoff into the oceans and are harmful to coral and other marine life.

**When eating seafood make choices for healthy oceans** - Only eat fish that is in season, and never buy / eat undersize catch. Regulations exist in The Bahamas for Nassau Grouper, Spiny Lobster/Crawfish, Queen Conch, Turtles, Stone Crab, Bonefish and Sharks.

**Do not touch corals** - Keep fins, gear and hands away from the coral, as contact will damage the coral. Take only pictures and leave only bubbles!



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