



## What We Can Do to Protect Sea Turtles

- 1) Reduce the amount of garbage you produce and clean up trash you see on the beach.** Sea turtles can become tangled in plastic and trash both on the shore and in the water. Discarded items such as fishing lines, balloons and plastic bags may also be confused for food and eaten by sea turtles, often resulting in injury or death.
- 2) Reduce the amount of chemicals you use.** The chemicals you use on your lawn and in your home can actually wash into the coastal waters – killing plants and animals. It is very important to properly dispose of toxic chemicals and, even better, find alternative products such as biodegradable solutions. Reduce the amount of chemicals that you use.
- 3) Be aware of sea turtle nesting areas and avoid nesting and hatching turtles.** Sea turtles are cute, and therefore tempting to touch and observe – but flashlights and people disturb turtles when they are nesting, or trying to nest, on the beach. If you are in an area where sea turtles nest, make sure to give nesting areas plenty of space, and do not disturb females as they emerge from the ocean looking for a place to nest. Also be conscious of where nesting areas are so that you can avoid trampling the hatchlings as they head to the water.
- 4) Make ocean-friendly seafood choices.** Seafood Watch has a consumer's guide to sustainable seafood, which includes bycatch as one of its criteria for determining sustainability. Visit [Seafood Watch](#) for more information.
- 5) Support local and national efforts to protect sea turtles.** [Join the Pacifica Beach Coalition](#) to help keep our beaches free of plastic debris. Follow organizations such as the [Sea Turtle Restoration Network](#) to learn more about ongoing efforts to protect sea turtles.
- 6) Volunteer!** There are countless ways in which you can make a positive difference in the lives of sea turtles. Organize a clean-up day with your friends or join an organized Pacifica Beach Coalition cleanup to clear the beach of litter, give a presentation to your neighborhood or local school on things they can do to save sea turtles, and most importantly, talk to others about what they can do to make sure they are not putting these important creatures in danger.

