



# Are your habits salmon-friendly?

Salmon are very sensitive to changes in water quality. The things that you and your family do every day can make a difference in their health and survival.

Ask your parents or another family member for help in filling out this checklist. Remember, it's just a starting point for the things that your family could be doing—or could be doing better—to help salmon. What else could you do? And how can you change what you do everyday to be more salmon-friendly?

<b>The Lawn</b>	<b>Friendly</b>	<b>Not-so-friendly</b>
	<ul style="list-style-type: none"><li><input type="checkbox"/> We test our soil to see if our grass needs fertilizer, so unnecessary fertilizer doesn't wash off into streams and lakes.</li><li><input type="checkbox"/> We leave our grass clippings on the lawn so our grass needs less fertilizer.</li><li><input type="checkbox"/> We pull out weeds by hand instead of applying chemicals.</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> We put fertilizer on our lawn without knowing if our lawn needs it.</li><li><input type="checkbox"/> We use pesticides without being sure of what the pest actually is.</li><li><input type="checkbox"/> We use fertilizers and pesticides right before it rains, when they're most likely to wash off.</li></ul>
<b>Family Fun</b>	<b>Friendly</b>	<b>Not-so-friendly</b>
	<ul style="list-style-type: none"><li><input type="checkbox"/> We enjoy a stream, a lake or the ocean by walking along its banks or shoreline.</li><li><input type="checkbox"/> We stay out of streams when salmon are spawning or when we can see redds.</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> We don't mop up spills when we fuel our motorboat, so the fuel goes into the water.</li><li><input type="checkbox"/> We go tubing in the Nooksack River in the summer, when salmon are trying to spawn.</li></ul>
<b>The Car</b>	<b>Friendly</b>	<b>Not-so-friendly</b>
	<ul style="list-style-type: none"><li><input type="checkbox"/> We take the car to a commercial car wash where they treat wastewater.</li><li><input type="checkbox"/> We cut down on driving by bicycling, taking the bus, walking, or making less trips.</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> We do oil changes at home and dump the old oil on the ground or into a storm drain.</li><li><input type="checkbox"/> If our car leaks oil, antifreeze, or any other kind of fluid, we don't fix it.</li></ul>
<b>Saving Water</b>	<b>Friendly</b>	<b>Not-so-friendly</b>
	<ul style="list-style-type: none"><li><input type="checkbox"/> We only run the dishwasher and washing machine with full loads.</li><li><input type="checkbox"/> We only water the lawn when it needs it—about 1 inch once a week in the summer.</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> We take lots of long showers, even though a shower uses 5-10 gallons every minute.</li><li><input type="checkbox"/> We have leaky faucets, even though each leaky faucet wastes about 3 gallons of water a day.</li></ul>