



Ottawa RIVERKEEPER®
SENTINELLE *Outaouais*



10 THINGS YOU CAN DO TO PROTECT YOUR RIVER

A no-nonsense guide to 'doing your part' for the health and future of the Ottawa River, brought to you by Ottawa Riverkeeper.

www.ottawariverkeeper.ca

Defending the Ottawa River, Protecting our Communities.

10 TAKE ACTION TODAY: THINGS YOU CAN DO TO PROTECT YOUR RIVER

The Ottawa River is the lifeblood of our community. It provides drinking water, supports a range of species and ecosystems, sustains economic activity, is a world-class destination for recreation, and is an important piece of our history and culture.

Protecting the health of our river is in the best interest of all people, and all communities!

- 1 Clean Green.**
Choose non-toxic household, personal care and lawn maintenance products – think of your drain as a gateway to the river!
- 2 Eat Organic. Eat Local.**
Support local farmers who practice sustainable organic farming methods.
- 3 Drink Tap Water.**
City of Ottawa (municipal) tap water is regularly tested and is rated amongst the safest in the world. Let's keep it that way!
- 4 Conserve.**
Using less water reduces the burden on our river, minimizes environmental impacts and supports future generations.
- 5 Reduce Stormwater.**
Use rain barrels, plant trees, avoid paving surfaces or install a "green roof" to reduce stormwater run-off.

DID YOU KNOW?

The Ottawa River spans 1,271 km, making it the second largest in eastern Canada. It's recognized as a globally significant waterway, and is the largest tributary of the St. Lawrence River.

- 6 Use Your River.**
Swim. Drink. Fish. Using your river sends the message that it's worth protecting. When we stop using the river we accept its demise.
- 7 Educate. Inspire. Inform.**
Learn about your river and how it benefits your community, and encourage others to become advocates for the river too.
- 8 Waste Management.**
Properly dispose of batteries, paints, pharmaceuticals and toxic chemicals to prevent unsafe run-off into the river.
- 9 Scoop.**
Doggie waste enters our river untreated. Picking up after your pets prevents additional bacterial contamination and shoreline pollution.
- 10 Maintain Your Vehicles.**
Proper car, boat and motorcycle maintenance prevents oil and other leaky fluids from running-off into the river.

Learn more by visiting: www.ottawariverkeeper.ca

About Ottawa Riverkeeper

Ottawa Riverkeeper is a citizen-based action group that brings people together to protect and promote the ecological health and diversity of the Ottawa River and its tributaries. Expert and independent, our organization advocates for responsible decision-making, public education, participation, access to information, and compliance with protective regulations, for the benefit of our river and our communities. <http://www.ottawariverkeeper.ca>

Ottawa Riverkeeper is licensed member of *Waterkeeper Alliance*, an international grass roots advocacy organization, founded by Robert F. Kennedy Jr. <http://www.waterkeeper.org>

Supporters

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THE RIVER IS CALLING...
... IT'S FOR YOU.