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?

### Friendly vs. Not-so-friendly

#### The Lawn

- We test our soil to see if our grass needs fertilizer, so unnecessary fertilizer doesn’t wash off into streams and lakes.
- We leave our grass clippings on the lawn so our grass needs less fertilizer.
- We pull out weeds by hand instead of applying chemicals.

- We put fertilizer on our lawn without knowing if our lawn needs it.
- We use pesticides without being sure of what the pest actually is.
- We use fertilizers and pesticides right before it rains, when they’re most likely to wash off.

#### Family Fun

- We enjoy a stream, a lake or the ocean by walking along its banks or shoreline.
- We stay out of streams when salmon are spawning or when we can see redds.

- We don’t mop up spills when we fuel our motorboat, so the fuel goes into the water.
- We go tubing in the Nooksack River in the summer, when salmon are trying to spawn.

#### The Car

- We take the car to a commercial car wash where they treat wastewater.
- We cut down on driving by bicycling, taking the bus, walking, or making less trips.

- We do oil changes at home and dump the old oil on the ground or into a storm drain.
- If our car leaks oil, antifreeze, or any other kind of fluid, we don’t fix it.

#### Saving Water

- We only run the dishwasher and washing machine with full loads.
- We only water the lawn when it needs it—about 1 inch once a week in the summer.

- We take lots of long showers, even though a shower uses 5-10 gallons every minute.
- We have leaky faucets, even though each leaky faucet wastes about 3 gallons of water a day.