

# REDUCE MICROFIBRE POLLUTION AT HOME

Approximately **17 million microfibers** are released in a single load of laundry.

These simple actions can **reduce microfibre pollution by up to 95%**.



1. Buy durable clothes
2. Wash less
3. Wash cold
4. Hang dry
5. Use front-loading washing machines
6. Wash full loads
7. Use laundry bags, balls and filters

Read more in the report, *Tackling microfibre pollution through science, policy, and innovation: A framework for Canadian Leadership*. DOI: [10.70766/47.9973](https://doi.org/10.70766/47.9973). This figure is adapted from the "Switch to Cold" Initiative at Metro Vancouver.