**BEach CLEAN decalogue**

Mediterranean health depends on our behaviour and on our daily choices!
Respect the Beach Code: “take only memories, leave only footprints”

- **Be a trash bins lover**
  Never abandon waste at the beach and be careful to not let it go into the water. The land-based activities are responsible of around 70% of marine litter.

- **Butts out**
  Cigarette butts are the forgotten plastic pollution: they contaminate beaches all over the world. Keep your butts off the beach, the sand is not your ashtray!

- **Reuse. Reduce. Recycle**
  The better your separate collection, the better the recycling of waste. If done properly, it can lead to an estimated 35% reduction of marine litter.

- **Drink Green**
  Use metal or glass bottles instead of plastic ones. In any case, never leave them in the environment. Beware of caps: they are one of the most common plastic waste in our seas!

- **Disposables products? No, thanks!**
  Disposable plates, cutlery, and straws are used for few seconds, but they can pollute for centuries. Say no to ‘single use’: it represents more than half of the beach litter.

- **Manholes, not baskets**
  Butts, candy wrappers, all kinds of objects: what you throw on the street dirty your city, and is highly likely to end up in waterways and at sea.

- **The sea starts from your toilet**
  Nothing should be thrown into the toilet: cotton buds, blister packs of medicines, sanitary towels... The drains could take them directly to the sea!

- **Stop toxic beauty**
  Do not use cosmetics with microplastics inside. Read the label: if you find, for example, Polyethylene, Polymethyl methacrylate, Nylon, Polyethylene terephthalate, Polypropylene there is plastic inside!

- **No waste in your shopping list**
  Buy bulk goods and prefer fresh food or packaged without plastics. Use only eco-friendly bags: plastic bags are one of the most common and dangerous marine waste!

- **Let’s be an example**
  Encourage everyone to protect and respect nature. Through your example, influence your child, friends, and family for cleaner beaches and healthier seas!

- **Be a trash bins lover**
  Remember: gloves, masks, and other Personal Protective Equipment (PPE) must not be left in the environment!

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**Dedicate 1 minute to the environment!**
Fill in the BEach CLEAN questionnaire and tell us how much you love your sea!

**The BEach CLEAN decalogue is available in ENG - IT- FR - AR. Visit COMMON website!**

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