

# Microplastics

[Watch this video from Plastic Soup Foundation.](#)

Some questions and answers about microplastics. For more information about each question click on the links provided. The quotes are from these articles cited.

## What are Microplastics?

Microplastics are not a specific kind of plastic, but rather any type of plastic fragment that is less than 5mm in length, according to the U.S. National Oceanic and Atmospheric Administration (NOAA). They enter natural ecosystems from a variety of sources, including cosmetics, clothing, and industrial processes.

<https://oceanservice.noaa.gov/facts/microplastics.html>

<https://en.wikipedia.org/wiki/Microplastics>

## Why are they a problem?

The problem with microplastics is that they are so small that they are usually not picked up by water filtration and make it out into rivers and oceans. Microplastics are bad because fish and other aquatic animals eat them, and they die or have health problems.

[www.zmescience.com](http://www.zmescience.com) › [the-down-low-on-microplastics](#)

## What do Microplastics do to your body?

“Microplastic particles can also accumulate polychlorinated biphenyls (PCBs), other chemicals that are linked to harmful health effects, including various cancers, a weakened immune system, reproductive problems and more. Once these chemicals are inside of us, even low doses may have an effect.” Oct 4, 2019

[You're literally eating microplastics. How you can cut down exposure to them.](#)

(Washington Post)

## Are humans full of Microplastics?

Microplastics may be tiny, but they are a big problem — even bigger than you may have thought. Researchers recently tested various organs from people who

had passed away from microplastics, and they **found traces of microplastics in every single organ**. This is one of the first pieces of proof we have that microplastics can persist in our bodies. But just how serious of a problem is this?

[Microplastics Detected in 100 Percent of Human Organs Sampled](#)

(GreenMatters)

## How do you get rid of Microplastics?

6 Tips to limit your microplastics intake and impact

1. Buy a water filter, and stop using bottled water
2. Buy non-synthetic eco-friendly clothes.
3. Get a laundry ball: Catch microfibers shedding off our clothes in the washer.
4. Air dry, don't use the dryer.
5. Use public transport, and favor rail infrastructure.
6. Reduce your meat and fish consumption.

<https://tappwater.co/us/what-are-microplastics-and-5-tips-to-reduce-them/>

## Which country first banned plastic?

2002 – Bangladesh is the first country in the world to implement a ban on thin plastic bags, after it was found they played a key role in clogging drainage systems during disastrous flooding. Other countries begin to follow suit.

<https://www.cleanseas.org/impact/birth-ban-history-plastic-shopping-bag>

## Which country is not using plastic bags?

The states of Hawai'i and North Carolina have banned plastic bags, and states in Australia and India have done the same. Countries that have banned disposable plastic bags include Italy, China, Bangladesh, and many countries in Africa including Rwanda, Kenya, the Congo, and South Africa.

[https://www.torontoenvironment.org/where\\_else\\_in\\_the\\_world\\_have\\_governments\\_banned\\_plastic\\_bags](https://www.torontoenvironment.org/where_else_in_the_world_have_governments_banned_plastic_bags)

## What country uses most plastic?

China contributes the highest share of mismanaged plastic waste with around 28 percent of the global total, followed by 10 percent in Indonesia, 6 percent for both the Philippines and Vietnam. Other leading countries include Thailand (3.2 percent); Egypt (3 percent); Nigeria (2.7 percent) and South Africa (2 percent).

<https://ourworldindata.org/plastic-pollution>

## Who dumps plastic in the ocean?

In fact, the top six countries for ocean garbage are China, Indonesia, the Philippines, Vietnam, Sri Lanka and Thailand, according to a 2015 study in the

journal Science. The United States contributes as much as 242 million pounds of plastic trash to the ocean every year, according to that study. Sep 7, 2018  
<https://www.usatoday.com/story/tech/science/2018/09/07/great-pacific-garbage-patch-where-did-all-trash-come/1133838002/>

### **What can I do?**

#### **MY LITTLE PLASTIC FOOTPRINT**

Plastic is everywhere. In our food, in the air, and in our water. There are strong indications that plastic and its toxic additives are bad for our health. If you would like to reduce your plastic footprint, then download the My Little Plastic Footprint app!

[\*\*DOWNLOAD NOW!\*\*](#)

<https://www.mylittleplasticfootprint.org/>