

I'M AN OCEAN HERO

TACKLING CLIMATE CHANGE ■ ■ ■ ■ ■ ■ ■ ■ ■ ■



The Marine
Mammal Center®

I'M AN OCEAN HERO

PROTECTING OUR OCEAN STARTS WITH YOU!

Our climate is changing: temperatures are warming, severe weather events are more frequent, sea levels are rising and our ocean is becoming more acidic, which threatens our ocean, marine mammals and people.

3 WAYS YOU CAN TACKLE CLIMATE CHANGE

- Switch to renewable energy, like solar and wind—it may help you save money.
- Rethink your meals—skipping just one meat dish a week is like driving 1,100 fewer miles each year.
- Support policies and leaders that will expand public transit, bike lanes and walking paths.

Looking for more?



Scan this code or visit
MarineMammalCenter.org/climate
for more on tackling climate change together.

THE MARINE MAMMAL CENTER IS TAKING ACTION TOO.

Our hospital uses solar panels and conserves water. Plus, we train educators and community leaders around the country on effective communication strategies for sharing climate science, which helps inspire people like you to take action in their daily lives.



The Marine
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I'M AN OCEAN HERO

TACKLING OCEAN TRASH



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Increased amounts of trash, particularly plastics and fishing gear, are being found in our ocean, creating a threat of entanglement or ingestion for marine animals. In fact, microplastics have been found in the bodies of both marine animals and people.

3 WAYS YOU CAN TACKLE OCEAN TRASH

- Conduct a plastic audit at home or work to see what plastics you can avoid or swap for reusable alternatives. In fact, alternatives for many common plastics can be found in our Gift Store.
- Find a beach, waterway or park near you and pick up any trash you see.
- Encourage your favorite businesses to reduce their use of plastic.

Looking for more?



Scan this code or visit

MarineMammalCenter.org/trash

for more on tackling ocean trash together.

THE MARINE MAMMAL CENTER IS TAKING ACTION TOO.

Our specially trained teams respond to and rescue marine mammals, like sea lions and whales, that are entangled in trash or fishing gear, or are exhibiting signs of having ingested it.



The Marine
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I'M AN OCEAN HERO

VIEWING WILDLIFE SAFELY



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Approaching a marine mammal for any reason, like to take a photo or feed it, can cause the animal stress. Moms and their pups are especially vulnerable and can easily be separated by people or dogs getting too close.

3 WAYS YOU CAN VIEW WILDLIFE SAFELY

- Make space for marine mammals (and all wildlife!). You'll know you are too close if the animal is looking at you or reacting. Be sure to keep pets on a leash while at the beach.
- It's OK to take photos of the animals, but be sure to keep your distance and use your camera's zoom.
- If you see a marine mammal in distress along the California coast, call The Marine Mammal Center's hotline at **415.289.SEAL (7325)**. In Hawai'i, call the statewide hotline at **888.256.9840**.

Looking for more?



Scan this code or visit
MarineMammalCenter.org/report-an-animal
for more on viewing wildlife safely together.

THE MARINE MAMMAL CENTER IS TAKING ACTION TOO.

Using our rescue and response data, we can inform policies to better protect marine mammals and their critical habitats. People like you can call our 24-hour hotline to alert our trained teams of a marine mammal in distress.



The Marine
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I'M AN OCEAN HERO

CHOOSING SUSTAINABLE SEAFOOD ■ ■



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PROTECTING OUR OCEAN STARTS WITH YOU!

Marine mammals and people worldwide rely on seafood. Unsustainable fishing practices contribute to threats marine mammals face, such as overfishing, disrupted food webs and the danger of entanglements.

3 WAYS YOU CAN CHOOSE SUSTAINABLE SEAFOOD

- When purchasing seafood, look for certification programs like Marine Stewardship Council and Aquaculture Stewardship Council to know if your fish was caught in a sustainable way.
- Use free guides, like the Monterey Bay Aquarium's Seafood Watch[®], to keep track of sustainable choices, as well as fish to avoid.
- Support businesses that are committed to sustainable practices—find them with tools like FishChoice's Seafood Recommendation Engine.

Looking for more?



Scan this code or visit

MarineMammalCenter.org/seafood

for more on choosing sustainable seafood together.

THE MARINE MAMMAL CENTER IS TAKING ACTION TOO.

At our hospital, patients are fed fish and seafood that are caught sustainably. We also work alongside researchers and the fishing community to inform policies that ensure marine mammal safety and healthy fish stocks.



The Marine
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