



Yorkshire
Wildlife Trust



Help Save Our Seas!

Every time we do the laundry, hundreds of thousands of tiny fibres (known as microfibres) are washed off our clothes, down the drain and into the environment. These can be eaten by a variety of animals and enter the marine food chain.



Here are the different fabrics that release microfibres into our waters every time you wash them...

DO release microfibers

Polyester
Nylon
Acrylic
Fleece
Microfleece

DON'T release microfibers

Cotton
Flax
Hemp
Jute
Linen

**Don't
despair!**

There are some simple things you can do to reduce this:



Buy fewer clothes and keep clothes for longer (new clothes release significantly more microfibres than old ones)



Reduce the amount you wash your clothes



Invest in a 'microfibre catcher' which you can put in your washing machine to collect most of the microfibres released during washing

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