



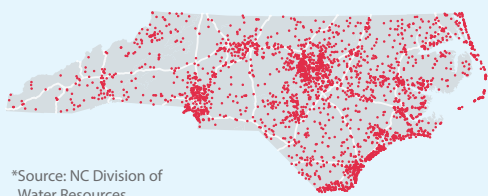
# NORTH CAROLINA Wetlands

## Our Problem

Wetlands are being changed, especially in urban and coastal areas.

### Impacted Wetlands 2005—2015\*

- Each dot represents one recorded wetland impact (conversion) area.



\*Source: NC Division of Water Resources

### What is creating these impacts and threats?



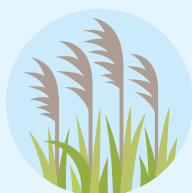
Construction & Development



Resource Extraction



Pollution



Natural Stressors

## Why It Matters

Wetlands benefit us and our environment in many ways.

## How We Can Help

Simple actions can help our wetlands continue to help us.



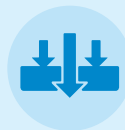
WAVE PROTECTION

- Replace hard shoreline structures with living shorelines that use plant roots to stabilize soil at waterfront homes.
- Add more (native) plants to wetlands to increase roots in the soil.



WATER STORAGE

- Protect the natural soil and plants in wetlands so they can store water.
- Protect wetlands during any type of construction.



WATER FILTRATION

- Use phosphate-free laundry and dish detergents.
- Reduce, Reuse, & Recycle



WILDLIFE HABITAT

- Maintain natural buffer areas between land and open water.
- Avoid releasing non-native plant or animal species into the wild.



FISHERIES HABITAT

- Keep chemicals out of drains.
- Use non-toxic products for household, lawn and garden care.



RECREATION

- Pick up litter and dispose of properly.
- Participate in activities that help protect and restore wetlands.

Visit [www.ncwetlands.org](http://www.ncwetlands.org) to learn more

