

SAY NO TO PLASTIC

In Conjunction with World Environment Day

What are Microplastic?

Microplastics are plastic particles smaller than 5 mm originate from degraded plastic waste and synthetic fibres.

In Malaysia, Penang coastal waters recorded up to **1,407 microplastic particles per liter**, among the highest concentrations in Southeast Asia. Microplastics bioaccumulate, moving up the food chain and reaching human consumption via seafood.

Microplastics are now found in

Coral reefs along
Terengganu and Sabah

Sea turtles and
seabirds in Malaysia's
eastern coast

Fish sold in local
markets

Plastic bottles, bags, and
wrappers take **450–1,000+**
years to break down but
they never fully
disappear, just degrade
into microplastics.

Marine Life at Risk

Over 3,000 turtles die annually in Malaysia due to plastic ingestion and ghost nets (discarded fishing gear). Coral reefs are smothered by plastic bags and entangled in plastic debris.

Studies shows that

Sea turtles mistake
plastic bags for
jellyfish.

Fish swallow
microplastics, which
can end up in our food.

Plastic harms animals
and damages ocean
ecosystems.

What You Can Do

- Carry a reusable bag, tumbler, and cutlery set.
- Say NO to straws and single-use plastics at cafes, food stalls, offices.
- Join local cleanup campaigns or adopt-a-river programs.
- Educate others—amplify the message via your social or workplace network.

