



# River Friendly Bingo

Re-use your mug or glass throughout the day	Use a reusable water bottle	Talk to your vet about river friendly pet medicines	Use the Yuka app to check for nasty chemicals
Avoid putting cooking oils and fats down the plughole	Have a water butt	Put litter in a bin, don't drop it	Choose eco-friendly soaps and shampoos
Dispose of unwanted medicines responsibly	Re-use cooking water	Collect rain or spare cooking water for plants	Learn which creatures live in or near the river
Don't let your dog swim in the river if it has spot on flea treatment	Have a water meter	Have a four minute (maximum) shower	Keep the taps turned off when not in use

For more ways to be 'river friendly' please visit Our Healthy Headwaters project page





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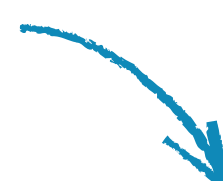




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