



5 Things You Can Do To Save Sea Turtles

Take these simple actions to protect sea turtles in your area:



1. Turn out lights visible from the beach.

Newly hatched from eggs their mothers laid in nests dug into the beach, baby sea turtles use reflections from the stars and moon to guide them into the ocean to begin their lives. Artificial lighting can disorient the hatchlings, drawing them inland—where they face dangers like dehydration, predation and getting run over—instead of out to sea. Artificial lights also discourage adult females from coming ashore to nest in the first place. Short of turning off your lights, take measures to shield, redirect and lower their intensity.



2. Reduce the amount of trash you produce and pick up any you see on the beach.

Sea turtles can get tangled in plastic and trash onshore and in the water. They may also mistake discarded items like fishing line, balloons and plastic bags for food and eat them, causing internal injuries and death.



3. Be aware of sea turtle nesting areas and do not disturb nesting and hatching turtles.

Know where turtles nest and keep your distance to avoid trampling nests or hatchlings. And never touch, shine a light on or otherwise disturb adult females emerging from the sea or in any stage of nesting on the beach or newly hatched turtles making their way to the surf.



4. Reduce the use of chemicals in your yard and home.

The chemicals you use on your lawn and in your home can eventually end up in coastal waters harming plants and animals—including sea turtles. Find alternative solutions or use biodegradable products.



5. Volunteer!

Volunteer information and your time. Tell your friends and neighbors what they can do to protect sea turtles or give a presentation at a school or community center. Participate in beach clean-up days or organize one of your own. Check with your state wildlife agency about sea turtle conservation volunteer opportunities.

Email southeastoffice@defenders.org or visit defenders.org for more information.

