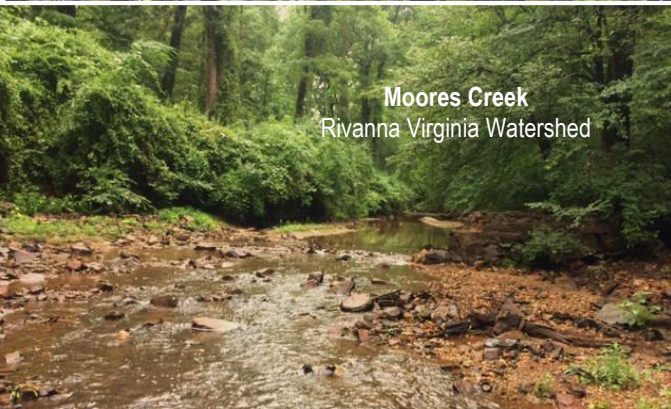




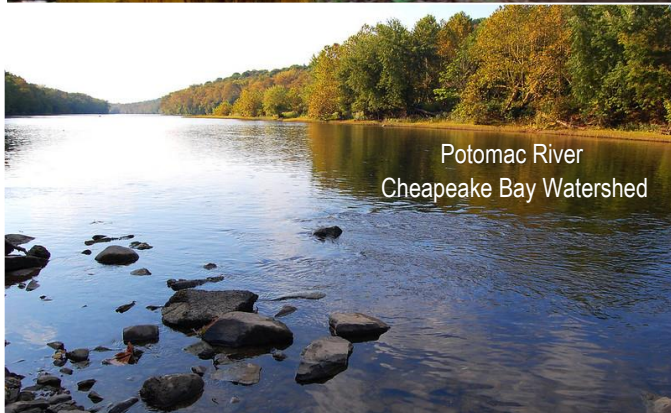
McIntire Plaza
Charlottesville



Moore's Creek
Rivanna Virginia Watershed



Ragged Mountain Trail



Potomac River
Chesapeake Bay Watershed

Terms Cheat Sheet

- **BMP** — Best Management Practice or engineered technique to reduce stormwater runoff pollution.
- **MS4s** — Localities which own "municipal separate storm sewer systems" and are required to obtain stormwater permits through DEQ.
- **DEQ** — Dept. of Environmental Quality administers state and federal laws and regulations for environmental quality.
- **NFWF** — National Fish and Wildlife Foundation
- **RRBC** — Rivanna River Basin Commission
- **RSEP** — Rivanna Stormwater Education Partnership
- **Stormwater**- precipitation runoff flows to storm drains or nearby water body, picking up pollutants along its path, causing stream flooding, pollution, fish & wildlife habitat loss, soil erosion, etc.
- **TMDL** — Total Maximum Daily Load is the max amount of a pollutant allowed to enter a waterbody.
- **TJPDC** — Thomas Jefferson Planning District Commission
- **TJSWCD** — Thomas Jefferson Soil & Water Conservation District
- **VDOF** — Virginia Department of Forestry
- <https://rivanna-stormwater.org/how-can-you-help/community-education/>
- **Watershed** — a land area that channels rainfall and snowmelt to creeks, streams, and rivers, and eventually to outflow points such as reservoirs, bays, and the ocean.
- **WIP**— Chesapeake Bay Watershed Implementation Plan given to PDCs by DEQ to ensure 2525 water quality goals.

Thomas Jefferson Water Quality Guide #4



Contaminants in Your Household

A Guide to Best Management Practices (BMPs)



Pharmaceuticals and personal care products



Pharmaceuticals and Personal Care Products (PPCPs)

Pharmaceutical and personal care products (PPCPs) are an emerging contaminant that can be found in water basically everywhere they are looked for. While there is currently no evidence that the low level of trace chemicals pose a threat to human safety, it is suspected that they have affected aquatic life. PPCPs are very unlikely to have effects on human health, but it is important to keep waterways clean and healthy.

PPCPs get into waterways through excretion from the body, being washed off in showers/baths, leaching off of landfills, or by flushing unwanted meds down the toilet. Due to rises in per capita drug use, there is concern that the level of PPCPs in waterways will continue to rise. It is important to recognize PPCPs and to understand how to diminish their contamination of water and their impacts on aquatic life.

Examples

- Over-the-counter medicines
- Lotions and cosmetics
- Cleaning products

Solutions

- Use products that have natural, biodegradable ingredients (like vinegar or lemon juice)
- Don't flush prescription drugs down the toilet, bring them to pharmacies with collection programs
- Use personal products as they are recommended and use them sparingly

Common Sources of Household Contaminants

The amount of water available for our use depends on its quality. Each time we use water we change the quality by adding substances such as sewage, toxic chemicals, solvents, detergents, pesticides, fertilizers, oil-based compounds, and debris. Pouted water can spread disease, kill aquatic life, destroy plants and animals, and make rivers and lakes unfit for recreation. Because our water supply is limited, cleaning our used water and safeguarding our clean water is an important part of using our resources wisely. Everyone has a role to play in keeping our water supplies safe. Many everyday activities can affect water quality and add harmful substances to our waters. By removing these toxins, we can get one step closer to cleaner waters.

Household Products	Lawn and Automobile Care	Medicines
<p>Causes</p> <ul style="list-style-type: none"> Improper disposal of household cleaners, paint, oil, or other chemicals Use of nonbiodegradable beauty and body products <p>Solutions</p> <ul style="list-style-type: none"> Dispose of cleaners, paint, oil, and other chemicals at proper reclamations centers Use biodegradable products with lemon juice or vinegar as ingredients 	<p>Causes</p> <ul style="list-style-type: none"> Detergents from washing car on pavement Excess fertilizer, pesticide, and insecticide that run off of lawns <p>Solutions</p> <ul style="list-style-type: none"> Wash vehicles at car wash facilities that have water reclamation systems Follow manufacture instructions for application of lawn care products. Never apply them on non-porous surfaces 	<p>Causes</p> <ul style="list-style-type: none"> Flushing unwanted medicine down the toilet Exposed medicine leachs off landfills and gets into sewage <p>Solutions</p> <ul style="list-style-type: none"> Take unwanted medicines to pharmacies or police stations that have collection programs Leave unwanted products in original containers when throwing them in the trash



DIY Citrus Cleaner >>

Ingredients:

- Recycled glass containers
- Orange peels (or any citrus fruit)
- 1 tbsp. of salt (any kind)
- Vinegar and distilled water
- 5-10 drops of essential oil

Directions:

- Cut orange peels and fill glass container
- Add salt to orange peels and let sit for 20-30 minutes (lightly cover peels)
- Fill container with 1/2 vinegar and 1/2 water
- Put tight top on solution and let sit for 2-3 weeks, the longer the better
- Strain solution and fill squirt bottle

