

In a rush? Think about what you flush

Flushing wipes and sanitary products such as tampons and pads causes blockages and pollution.

They may also contain hidden plastic which can have a devastating impact for wildlife and marine creatures.



41%

of women still
flush tampons

Source: Anglian Water Keep It
Clear survey with Mumsnet



The average box of
sanitary pads contains
the same amount of
slowly degradable plastic
as five carrier bags*

*Source City to Sea

If you would like to learn about reuseable alternatives, go to
keepitclear.anglianwater.co.uk