



# INDIVIDUALS: How You Can Help

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Do you want to be a part of the Nuh Dutty Up Jamaica campaign?

Here are some ways you can support the movement:

1. Become a fan of the Nuh Dutty Up Jamaica campaign on Facebook and share the posts:  
[www.facebook.com/NuhDuttyUpJamaica](http://www.facebook.com/NuhDuttyUpJamaica)
2. Follow the Nuh Dutty Up Jamaica campaign on Instagram and repost: [@nuhduttyupjamaica](https://www.instagram.com/nuhduttyupjamaica)
3. Tell your friends about the campaign and encourage their support
4. Buy a Nuh Dutty Up Jamaica T-shirt and wear it – you will be surprised how many people want to talk about the message. T-shirts are available for \$1000 at Jamaica Environment Trust, 11 Waterloo Road, Kingston 10
5. Talk to anyone you see littering. Be polite and friendly. Make a joke with them and ask them not to Dutty Up Jamaica
6. Work with a community organization to improve garbage infrastructure in your area, e.g. garbage bins, skips.
7. Write a letter to the print media in support of the campaign:

<b>Jamaica Gleaner</b> The Editor The Gleaner Company Limited 7 North Street P O Box 40 Kingston <a href="mailto:letters@gleanerjm.com">letters@gleanerjm.com</a>	<b>Jamaica Observer</b> The Editor Jamaica Observer Limited 40-42 1/2 Beechwood Avenue, Kingston 5 <a href="mailto:letters@jamaicaobserver.com">letters@jamaicaobserver.com</a>
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8. Write to the National Solid Waste Management Authority and your Parish Council Representative asking them to improve garbage collection:

<b>National Solid Waste Management Authority</b> Executive Director NSWMA 61 Halfway Tree Road, Kingston 10 <a href="mailto:executivedirector@nswma.gov.jm">executivedirector@nswma.gov.jm</a>
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9. Come up with ways to reduce your waste, e.g. eat and drink out of reusable containers rather than one-use plastic containers or bags and styrofoam
10. Participate in a recycling programme, if one is available in your community
11. Talk to people of influence and let them know you are concerned about poor garbage management in Jamaica. Ask them if they know about the Nuh Dutty Up Jamaica campaign
12. Organize a cleanup in your community/school/beach and share your photos and what you found

