



WAYS WE CAN HELP BIRDS:

- **Birds need food, water, and shelter.**

- Provide food and fresh water. Feeders and bird baths are enjoyed by birds and by the people who get to watch them.
- Keep your bird feeders and water source clean. (Immerse feeders for a couple of minutes in a solution of one part household chlorine bleach to nine parts water; then air dry.)
- Garden with native plants. Plant a diversity of native vegetation—flowers, shrubs, and trees.

Pollinator and bird friendly plants: <https://laneaudubon.org/pollinator-friendly-gardening/>



National Audubon's native plant list by zip code: <https://www.audubon.org/native-plants>



- Provide cover. Shrubs, brush piles, leaves, dead trees (snags) are great sources of shelter.
- Reduce or eliminate lawns. Leave some grassy areas unmowed.
- Leave some bare patches for ground-nesting solitary native bees.

- Volunteer to help with habitat in public parks. <https://www.eugene-or.gov/495/Volunteer>



https://willamalane.galaxydigital.com/agency/detail/?agency_id=81145



- **Help keep birds safe and healthy.**

- Don't poison the birds and the food that they rely upon—avoid the use of chemical pesticides, rodenticide, and herbicides.
- Birds don't see glass. Help prevent window collisions. Provide screen covers. Use closely spaced decals. Parallel, vertical strings spaced 4 inches apart can be placed on the outside of windows.

https://laneaudubon.org/wp-content/uploads/2019/07/lights_out_campaign.pdf



- Migrating birds are disoriented by artificial lighting. Shield outdoor lights and direct them downward. Close curtains and blinds in the evenings.
- Spread the word: use lead-free ammunition. Water birds are poisoned by lead sinkers used for fishing. Birds of prey scavenge carcasses and are poisoned by lead shot.
- Outdoor cats kill billions of birds each year. Indoor cats live an average of three to seven times longer than outdoor cats. Keep cats indoors for their health as well as the safety of native wildlife.

<https://www.humanesociety.org/resources/home-sweet-home-how-bring-outside-cat-indoors>



- Don't feed waterfowl. Despite good intentions, it increases transmission of disease, conflict, stress, and malnourishment. Especially, don't feed them bread.

- **Consumer choices matter:**
 - Reduce use of plastics.
 - Recycle, reduce, reuse.
 - Your meal choices affect the overall health of the environment. Consume more plant-based meals. Buy local. Buy organic.
 - Drink shade grown/organic coffee to help improve habitat for migratory birds.
- *Bring your friends and family outside. Enjoy the color, sound, and splendor of birds!*

FOR MORE INFORMATION:



<https://laneaudubon.org/handouts/>



<https://www.birds.cornell.edu/home/seven-simple-actions-to-help-birds/>



<https://www.audubon.org/news/22-actions-you-can-take-birds>

¡Estoy ayudando a las aves!

- Proteja a las aves de las ventanas de cristal
- Mantenga a los gatos dentro de su casa
- Menos césped, más plantas nativas
- Evite los pesticidas
- Beba café beneficioso para las aves
- Use menos plásticos
- Observe aves y comparta sus observaciones

Para aprender más: bit.ly/7-simple-actions

The Cornell Lab of Ornithology

I'm Helping Birds!

- Make Windows Safe
- Keep Cats Indoors
- Less Lawn, Plant Natives
- Avoid Pesticides
- Drink Shade-Grown Coffee
- Use Less Plastic
- Watch Birds, Share What You See

Find out more: bit.ly/7-simple-actions

The Cornell Lab of Ornithology