

# What can you do to protect wetlands?

- ❖ Discover the wildlife and plants in your community's wetlands.
- ❖ When exploring wetlands, avoid stepping on plants and leave no trash behind.
- ❖ Learn more about local wetland issues.
- ❖ Keep vegetated areas around wetlands undisturbed.
- ❖ Do not dump leaves and garbage in wetlands.
- ❖ Minimize use of fertilizers near open water bodies.
- ❖ Landscape with natural vegetation, avoid exotic species.
- ❖ Remember one person CAN make a difference!



# Where do you find wetlands in New Hampshire?

- ❖ They are all over the state. Wetlands make up 10% of New Hampshire.
- ❖ They are lakes, such as Lake Winnepesaukee.
- ❖ They are rivers, such as the Merrimack River.
- ❖ They are tidal areas, such as Great Bay.
- ❖ They are forests, such as Hulbert Swamp in Stewartstown.
- ❖ They are bogs, such as the Pone-mah Bog Wildlife Sanctuary in Amherst.
- ❖ They can be in your backyard, too!

## For more information

For more information contact:  
NH Department of Environmental Services  
Wetlands Bureau  
PO Box 95  
Concord, NH 03302-0095  
(603) 271-2147  
wetmail@des.nh.gov  
www.des.nh.gov



# What are WETLANDS?

Wet areas



Homes for wildlife



Important to you and me!



# Why do we need wetlands?



They help keep drinking water clean.



They recycle energy and nutrients.



They are breeding and nesting grounds for wildlife.



People enjoy them for fishing, canoeing, birdwatching and more.

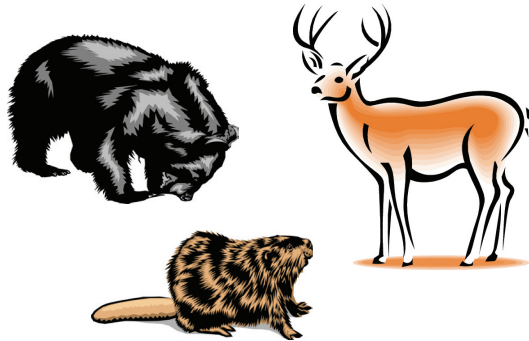


They reduce flooding during storms.

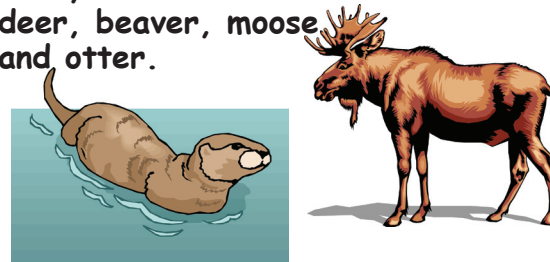


They have unique plant communities that can only live in wetlands.

## Who lives in NH wetlands?



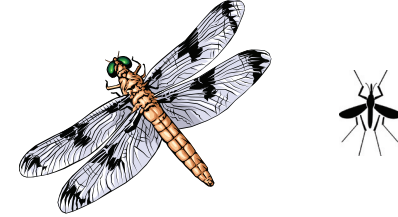
Mammals, like black bear, white-tailed deer, beaver, moose and otter.



Fish, like pickerel, bass and sunnies.



Amphibians, like green frogs and salamanders.



Insects like dragonflies and mosquitoes — and black flies, too!



Waterfowl and birds, like heron, red-winged black-birds and loons.



Turtles, crayfish and many other animals, large and small, inhabit our wetlands!