

# PHOSPHORUS POLLUTION

Phosphorus is a critical element for the ecosystem of lakes, but too much of it can have serious consequences. Sabattus Pond is facing this challenge, as excessive phosphorus is feeding massive algae blooms that produce unpleasant odors, turn the water green, and degrade wildlife habitat. The overabundance of phosphorus in the pond can also potentially harm human and pet health.

By following these simple steps, we can all do our part to help protect and preserve Sabattus Pond for future generations. Together, we can make a difference in reducing phosphorus pollution and maintaining the health of this valuable resource.

## FOR MORE INFORMATION:

Lake Stewards of Maine:  
[www.lakestewardsofmaine.org](http://www.lakestewardsofmaine.org)

Maine Lakes:  
[www.lakes.me](http://www.lakes.me)

Maine Department of Environmental Protection:  
[www.maine.gov/dep](http://www.maine.gov/dep)

Town of Sabattus  
[www.sabattus.org](http://www.sabattus.org)



Town of  
*Sabattus*  
M A I N E

## REDUCING PHOSPHORUS POLLUTION IN SABATTUS POND

Photo: Lake Stewards of Maine

While phosphorus is a naturally occurring element, human activities are increasing its presence in Sabattus Pond. The biggest source of phosphorus pollution is soil and sand washed into the lake during rainfall.

Other contributors include pet waste, fertilizers, household cleaners, and septic/sewer that are not properly disposed of. The cumulative effect of these small sources of pollution, combined with others around the lake, is putting Sabattus Pond at great risk.

**To help reduce phosphorus pollution, follow these simple steps:**

#### **USE FERTILIZERS WISELY**

Avoid over-applying fertilizers to your lawn, and choose slow-release or phosphorus-free options whenever possible.

#### **PLANT NATIVE VEGETATION ALONG THE SHORELINE.**

Native plants have deep roots that help to stabilize the soil, reducing erosion and the amount of sediment and nutrients entering the water.

#### **PROPERLY MAINTAIN YOUR SEPTIC SYSTEM.**

Make sure to have your septic tank inspected and pumped regularly to prevent overflow and leaks.

#### **PROPERLY DISPOSE OF PET WASTE.**

Don't let your pet's waste wash into storm drains or waterways. Instead, dispose of it properly in the trash or a designated pet waste station.

#### **CONSIDER INSTALLING A RAIN GARDEN OR RAIN BARREL.**

These features can help capture and filter stormwater runoff, reducing the amount of phosphorus that washes into the pond.



View of an algal bloom in Sabattus Pond Photo: MDEP