

# LIGHTS OUT



BIRD FRIENDLY  
**CITY**  
LONDON, ON

# London



*Help birds migrate, reduce light pollution and save energy by turning off unneeded lights after dark.*



Learn more:



**From May 13-19, 2022, all Londoners are invited to participate in *Lights Out London* by turning off unneeded lights after dark.**

**What's this about?** Artificial light at night is a form of environmental pollution that negatively impacts birds, ecosystems and human health.

### **Simple steps can help to reduce light pollution:**

- Turn off indoor and outdoor lights after dark if they are not needed.
- If bright lights are kept on indoors at night, close the blinds/a curtain.
- Consider installing a light timer or occupancy sensor.
- Ensure all light fixtures have full cutoff, so that light is pointed only downward and does not cast up into the night sky or spill into nature.
- Transition to warmer temperature lights; avoid cool or white lights.

For more information about *Lights Out London*, or to learn more about light pollution and bird conservation activities in London, please visit **[www.birdfriendlylondon.ca](http://www.birdfriendlylondon.ca)**

Bird Friendly London is a community organization supported by numerous partners with funding from Nature London and Nature Canada.