

## Quick Reminders



Turn off unnecessary lights.



Keep indoor light indoors.



Down shield exterior lights so they don't spill beyond where they are needed.



Install motion sensors & timers to control light so it's turned off when not needed.

## CONTACT



Learn about our multi-state program to protect birds during spring and fall migration:

[lightsoutheartland.org](http://lightsoutheartland.org)

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Lights Out Heartland  
is a partnership of the Missouri  
Chapter of International Dark Sky  
Association and the  
St. Louis Audubon Society.

You can help

# SAVE BIRDS



Turn Out Lights  
During Peak  
Migration Periods

## May & September

# St. Louis sits on the Mississippi Flyway - the main migratory path for birds.



The majority of birds migrate at night, navigating using the moon and stars.



Common Yellowthroat



Birds can become disoriented by bright artificial lights and sky glow.



Northern Waterthrush



St. Louis is the 5th most dangerous city for migrating birds in the spring and 6th in the fall.



Indigo Bunting

**An estimated 600 million birds in the U.S. die each year from collisions with buildings.**