

1. Under no circumstances should you...; Not only does it....
2. Don't + base form; You should...
3. Damadge – damage
4. throw your garbage into the ocean
5. For example, don't point at people; it can be a sign of rudeness in some countries.

or: For example, don't point at people, **as** it can be a sign of rudeness in some countries.

You can split it into 2 sentences:

For example, don't point at people. **I**t can be a sign of rudeness in some countries.