

# Everyday actions to improve air quality

green

yellow

orange

red

purple

GOOD

MODERATE

UNHEALTHY FOR  
SENSITIVE GROUPS

VERY  
UNHEALTHY

HAZARDOUS



## Take transit or rideshare.

Ride the bus, train, or subway, or carpool to work or school.  
Sharing the ride takes cars off the road.



## Try biking/walking, if you can.

If you have access to a bike, make your trip on two wheels - on a safe route.  
It's good exercise, too!



Be cautious about exerting yourself and spending time outdoors,  
especially if you have an existing respiratory condition.

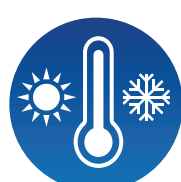


Limit your time outdoors. Everyone - even healthy individuals -  
should limit time spent outdoors, and take frequent breaks indoors or in the shade.



## Bundle online & delivery orders.

Fewer packages means fewer delivery vehicles on our streets, and less air pollution.



## Conserve energy at home.

Set the thermostat lower in the winter and higher in the summer.  
Conserving energy not only helps air quality, it also saves you money



## Refrain from burning trash/yard waste.

Limit outdoor fires in fire pits and chimineas, indoor fires in wood-burning stoves and fireplaces.  
Burn only untreated, hard wood in a properly maintained wood stove or fireplace.



## Join your local Transportation Management Association.

Your TMA can provide tips and advice on reducing pollution from your commute.



## If you must drive...

### Trip-link.

Do all of your errands in one trip, avoiding unnecessary cold starts.

### Turn it off.

Idling your vehicle wastes gas and pollutes the air.

### Don't "top off" your tank when refueling.

Stop fueling when the gas pump clicks. After the click, fumes evaporate into the air,  
adding two tons of air pollution daily. Also, refuel early in the morning or later at night,  
when the temperature is lower.

### Keep your tires filled.

Proper tire pressure saves gas and the air. And clear the junk out of your trunk.  
An extra 100 pounds reduces gas mileage by up to 2%.

### Get regular tune-ups and car maintenance checks.

A properly running vehicle emits less pollution and saves gas. If the Check Engine light is on,  
get it fixed promptly - it means that there is something wrong with the emissions controls  
on your vehicle.

### Slow down & save.

Each 5 MPH that you drive over 60 MPH reduces fuel economy by up to 5%.

