



Give your house a breath of fresh air.

After working hard to get the house of your dreams, it's time to relax, kick back and breathe a sigh of...cough, cough.

For people young and old, asthma, emphysema and respiratory problems are an increasing concern. One of the biggest triggers of breathing difficulties is smog...complements of all the neighbors.

Unknowingly, you may be using home maintenance products that are actually contributing to air pollution and draining already limited energy resources. They're costing you money too!

Fortunately there are alternatives. On the back of this card, you'll find easy, ozone saving options you can use at home. So take a deep breath and start reading.

Household hints for healthier air.

By following these tips, you can do your share to prevent ground-level ozone accumulation and air pollution. You'll probably save time and money too! So be a good neighbor to the environment and conserve wherever possible.



- Postpone mowing your lawn with gas-powered mowers until evening. Or better yet, relax and mow another day! Of course, the best option is to use a push or electric-powered mower that mulches too.

- Save the air and money by turning off lights and turning up the thermostat in summer. Don't overcool your house!
- Conserve energy and water by only washing clothes and dishes with full loads.



- Use latex rather than oilbased paints and solvents, and avoid using sprayers altogether.
- Skip the charcoal lighter fluid when grilling. Instead try an electric coil starter or charcoal chimney. Better yet, use an electric or gas

grill for your backyard burgers – in taste tests most people couldn't tell the difference, and they're a whole lot more convenient too!



Following these suggestions is particularly

important on an Air Quality Action Day, but if enough people follow them regularly, we can all breathe a sigh of relief.

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Chug, Chug, Chug,
Cough, Cough, Cough.

Isn't it time for Air Quality Action?

Driving a car is one of the biggest contributors to ground-level ozone, or smog...and summertime is smog's smoggiest season.

During summer, children, the elderly and people with problems like asthma and emphysema are more at risk for respiratory problems. And if you think healthy young adults are safe from the effects, think again.

When smog levels are high, active adults take faster, deeper breaths, so the pollution penetrates all the quicker. It's enough to make you want to stop, well, driving.

There are alternatives to driving along with other ozone saving options on the back of this card. So take a deep breath and start reading.

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You hold the keys to healthier air.

By following these tips, you can do your share to prevent ground-level ozone accumulation.

- Limit your daytime driving whenever possible by taking the bus, carpooling, biking or walking.



- When you drive, try to minimize “cold starts” by combining trips and errands so the catalytic converter on your vehicle remains warm. Most vehicle emissions occur in the first few minutes of engine operation, when the converter is cold and inefficient.

- Reduce unnecessary engine idling by parking your car and walking into a building rather than using the drive-through lane.



- Refuel after dark to prevent some of the resulting gasoline vapors from becoming smog. Avoid spilling gasoline, and stop when the pump shuts off automatically.



- Keep your car tuned-up. The emissions from one poorly maintained car equal that from 25 properly functioning cars!

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Make clean air
your business.

We could give you a lot of charts, statistics and buzzwords...but the fact is Air Quality Action is good for the environment and your business.

Your employees, customers and friends are all susceptible to the dangers of air pollution. For people young and old, asthma, emphysema and respiratory problems are an increasing concern. And if their lungs aren't working properly, they aren't either!

Also, as a business leader, you can make a bigger impact in the community through your efforts to conserve resources wisely. You'll probably save money too!

On the back of this card, you'll find easy, ozone saving options you can use at work. So take a deep breath and start reading.

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Lead the way to healthier air.

By following these tips, you can do your share to prevent ground-level ozone accumulation. You'll probably even save time and money too! After all, conservation is good business, plain and simple.

- Educate your employees about the Air Quality Action effort.
- Raise the Air Quality Action Flag to alert people that an Air Quality Action Day has been called.
- Reschedule activities such as lawn maintenance (if gasoline-powered equipment is used) and painting, if there's an Air Quality Action Day.



- Conserve energy by turning thermostats up a notch or two, and turn off unnecessary lights.
- Make Air Quality Action Day casual dress days as an incentive for employees.
- Buy alternative fuel vehicles for your fleet.
- Refuel fleet vehicles the day before an Ozone Action Day or after 7 p.m.
- Reduce the number of cars on the road during rush hour by using flex time, compressed work weeks or telecommuting. Communicate by conference calls instead of driving to meetings.
- Encourage carpooling, public transportation and bicycling to work.




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