



AIR QUALITY ACTION GUIDE

Your “how to” guide
for cleaner air

Air Quality Rating	Steps to Protect Your Health and Our Environment
GOOD 0-50	Enjoy the great outdoors. <ul style="list-style-type: none">· Rather than drive - bike or walk when possible.· Conserve energy. Replace incandescent bulbs with CFLs.· Plant a tree to improve health and air quality.
MODERATE 51-100	Some pollution. Even moderate levels pose risks to highly sensitive groups. <ul style="list-style-type: none">· Bundle errands. Eliminate unnecessary trips.· Check AirAlerts to see if tomorrow’s forecast is unhealthy.· Perform regular maintenance on your car.
UNHEALTHY For Sensitive Groups 101-150	Pollution levels are harmful to children, older adults and anyone with a respiratory or heart condition. Limit physical outdoor activity. <ul style="list-style-type: none">· Don’t drive alone. Carpool, take public transit.· Refuel your car in the evening.· Put off lawn care until air quality improves.· Use a gas or electric grill instead of charcoal.
UNHEALTHY 151-200	Everyone should limit strenuous outdoor activity when the air is unhealthy to breathe. <ul style="list-style-type: none">· Telework and take public transit.· Turn off lights and electronics when not in use.· Avoid lawn mowing or use an electric mower.· Sign up for health alerts at cleanairpartners.net.· Don’t use chemicals on your lawn and garden.
VERY UNHEALTHY 201-300	Pollution levels are very unhealthy for everyone. Avoid any physical outdoor activity. <ul style="list-style-type: none">· Follow all of the action steps above.

Do Your Share for Cleaner Air.

Visit Cleanairpartners.net to get your daily AirAlerts and discover additional steps you can take each day to improve our region’s air quality, protect your health, and reduce the risks of climate change.

10 Tips

to Improve Air Quality, Protect Public Health and the Environment



- 1 Sign up to receive AirAlerts to see if tomorrow's air quality forecast is going to be unhealthy.
- 2 Avoid using gas-powered lawn and garden equipment. Postpone cutting grass on poor air quality days or use an electric mower instead.
- 3 Commit to leaving your vehicle parked for at least one day each week.
- 4 Telework! Do your business by phone or over the Internet.
- 5 Make your commute a clean commute. Use public transportation or carpool, walk or bike to work instead of driving alone to work each day.
- 6 Avoid idling your engine. Turning off your vehicle when you're stopped for more than 30 seconds can prevent 1,200 pounds of carbon dioxide pollution from entering the air.
- 7 Encourage your employer to create a workplace green team by visiting www.energystar.gov/work.
- 8 Conserve at home. Use a programmable thermostat, plug electronics into a power strip and choose ENERGY STAR products.
- 9 Talk to your kids' school to request Clean Air Partners "On the Air" curriculum.
- 10 Take the Clean Air Pledge. Commit to simple steps to improve air quality and reduce our region's impact on climate change.