

# Do Your Share for Cleaner Air

As sizzling summer temperatures settle in, the risk for poor air quality days and ozone-related health concerns rises. High levels of ozone at the ground level are dangerous because they can cause shortness of breath, coughing, wheezing, headaches, nausea and eye and throat irritation in people of all ages, including children. This makes it vital for parents and kids to do their part to reduce emissions – especially when it comes to the way we get around.

While weather conditions play a significant role in our region's daily air quality, the transportation choices we make also affect our air quality and the health of our region. Whether it's using transit or carpooling for the work or school commute, walking or biking more or combining errands into a single trip, simple steps we take can greatly impact the amount of ozone-forming emissions generated on any given day.

## The air quality forecast can be:



**Good (green)**



**Moderate (yellow)**



**Unhealthy for people with special health needs (orange)**



**Unhealthy for everyone (red)**

## To reduce pollution, consider these tips throughout the year:

- Use the bus, MetroLink, or carpool to get around whenever possible.
- Avoid vehicle idling.
- Walk or bike for short trips when weather and air quality conditions are favorable.
- Combine errands into a single trip instead of taking multiple short trips.

## When school is back in session:

- Encourage students to ride their bike, walk or ride the bus to school when possible.
- Form parent carpools to help take vehicles, and the related transportation emissions, off the road.
- Choose not to idle vehicles outside school buildings.

*This message is brought to you by the Clean Air Partnership, an initiative of the American Lung Association.*



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