

Top Ten Actions for Clean Commute Season

- 1 • Learn about the ill-effects of ground level ozone and particle pollution
Visit www.CleanAirPartners.com
- 2 • Listen for each day's air quality forecast
On your local evening news
- 3 • Limit your driving
You'll reduce your contribution to bad air formation
- 4 • Ride public transportation
Your employer might even offer a transit subsidy!
- 5 • Join a carpool
You can save fifty percent or more on gas and car maintenance!
- 6 • Try biking to work
take care of your workout and commute simultaneously.
- 7 • Ask your boss about telework
Plus, teleworks are typically more productive than their in-office counterparts
- 8 • Drive when you must, but keep your vehicle well maintained
that way, you'll save gas and the planet.
- 9 • Refuel after dark
Gas fumes are less likely to form when not exposed to the sun's rays.
- 10 • Avoid revving or idling your vehicle's engine
Because it just makes you look like you're having an identity crisis.



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
MODERATE 51-100	Some Pollution – poses risk to the highly sensitive <ul style="list-style-type: none"> • Carpool, use public transit, bike, or walk • Limit driving, consolidate trips • Reduce car idling
UNHEALTHY for Sensitive Groups 101-150	Pollution levels harmful to children, the elderly, and anyone with respiratory or heart conditions – limit activity outdoors <ul style="list-style-type: none"> • Follow all action steps above • Refuel after dusk, use fuel-efficient vehicles • Avoid driving, use transit, telework • Avoid using aerosol products
UNHEALTHY 151-200	Pollution levels harmful to all – sensitive groups should avoid outdoor activities, others should limit outdoor exertion <ul style="list-style-type: none"> • Follow all action steps above • Avoid using any gas-powered equipment • Wait to paint until air quality improves
VERY UNHEALTHY 201-300	Pollution levels very unhealthy for everyone – avoid any physical activity outdoors

Visit cleanairpartners.net
to get your daily air quality forecasts
and discover simple steps you can take each day to protect your
health and our environment.