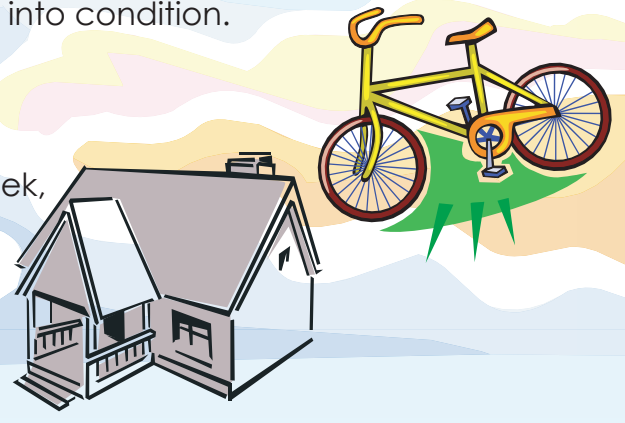
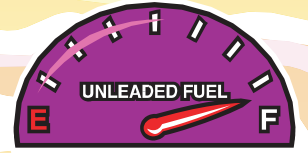




10 Simple Steps to Improve Air Quality

Which of the 10 Simple Steps Can You and Your Family Do to Help Improve Air Quality?

- 1. Trip chain.** It's easy! A Trip chain is when you combine errands into one trip. When you first start a car after it has been sitting for more than an hour, it pollutes up to five times more than when the engine is warm.
- 2. Care for your car.** Regular maintenance and tune-ups, changing the oil and checking tire inflation can improve gas mileage, reduce traffic congestion and reduce your car's emissions by more than half.
- 3. Don't top off the tank.** Topping off the gas tank releases fumes into the air and cancels the benefits of the automatic gas pump's anti-pollution devices. So stopping short of a full tank is safer and reduces pollution.
- 4. Get fuel when it's cool.** Refueling during cooler periods of the day or in the evening can prevent gas fumes from heating up and creating ground-level ozone.
- 5. Know before you go.** Get travel and transit updates before you leave home and don't get stuck in a jam.
- 6. Ride your bike.** This is a great way to travel and can help you and the air get into condition. Vehicles on the road create more than 25% of all air pollution nationwide.
- 7. Take things in stride.** Walk or in-line skate instead of driving. These are easy ways to get exercise and are easy on the air.
- 8. Share a ride.** Even if you car pool or take mass transit just once or twice a week, you will reduce traffic congestion and pollution, and save money.
- 9. Telecommute.** Work at home sometimes. You will save time and money, and reduce emissions and traffic congestion.
- 10. Spread the word.** If everyone took just a few of these simple, easy steps, it could make a big difference because...



It all adds up to cleaner air



Win With Air Quality 2011 Poster Contest
"How I Help The Air"
Cash prizes for winning poster entries!!

Activity:

Fill in the blanks on how you can help Improve Air Quality.

A _____ is when you combine errands into one trip.

A _____ is a great way to travel and can help you and the air get into condition.

Do not top off the _____ when getting gas.

_____ help reduce traffic congestion and pollution, and save money.

Regular _____ maintenance can reduce vehicle emissions by more than half.

Spread the _____ about helping improve air quality, because "It all adds up to cleaner air."

For more information go to
<http://www.fampo.org/PDF/Poster11.pdf>



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