



# AIR QUALITY ACTION GUIDE

Your “how to” guide  
for cleaner air

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

## Do Your Share for Cleaner Air.

Visit [Cleanairpartners.net](http://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](http://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.