

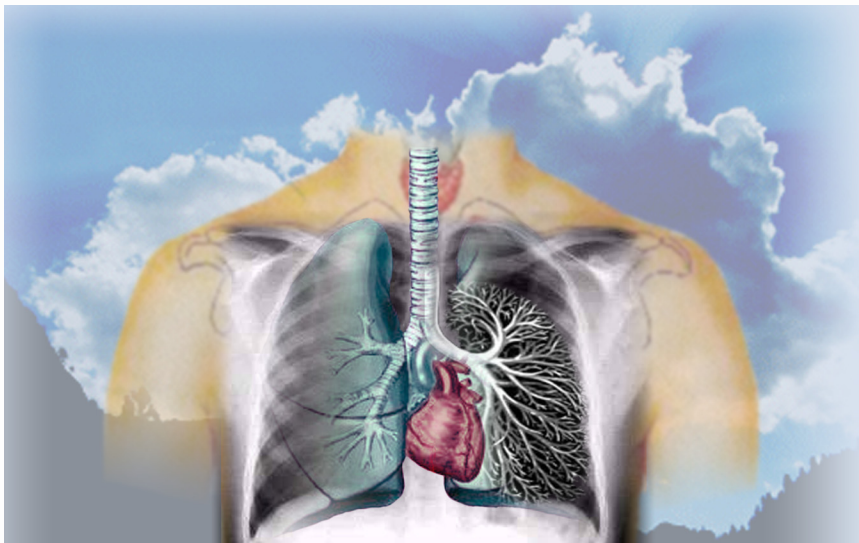


What One Person Can Do

Top Ten Steps

Your personal contribution to air pollution and global climate change relates to your choices in two main areas: electricity use and transportation. What can one person do for cleaner air and a healthier planet? Here are some ideas. Look on the back of this page for more ideas, and for more on our air.

- 1. Use Car Free Transportation.** Walk, bike or take the bus instead of driving.
- 2. Carpool.** Team up with coworkers or classmates in your neighborhood to carpool to work or school. Think about it. If you carpool with just one other person, you've cut your costs (and your contribution to pollution) in half!
- 3. Use Less Energy.** Use compact fluorescent light bulbs and plug strips to save energy, turn off lights when they are not needed, buy energy-efficient appliances, and consider using solar power.
- 4. Report Idling Trucks, Buses and Smoking Vehicles.** If you see a truck idling for more than five minutes, or a bus (or school bus) idling for more than ten minutes, or if you see a smoking vehicle, take down the license number, where and when you saw it, and call 1-800-END-SMOG to report it.
- 5. Keep your Car Tuned, and Don't Top Off.** Well-maintained cars produce less pollution. Keep your car tuned up, and your tire pressures up, and when you're fueling your car, don't top off your tank—stop fueling when the pump shuts off.



Air Pollution and Our Health

Air pollution can cause or worsen asthma and other respiratory symptoms, affect long-term lung development in children, and increase the incidence of heart attacks. Air toxics can cause cancer and non-cancer health effects.

Who is most vulnerable?

People with asthma or other lung or heart conditions, older adults, and children are most at risk. Children breathe more often, and spend more time outdoors, so they are exposed to more pollution, and their lungs are still developing.

When should I be concerned, and what should I do?

When the air is smoggy or smoky, or filled with ash or dust, try to stay indoors and reduce exercise outdoors. Call your doctor if your symptoms worsen.

Call (805) 961-8802 to see if there is an air quality advisory in effect, and check our website for information on today's air quality.

Use common sense to keep air quality clean, indoors and outdoors. Reduce use of chemical indoors, and don't use leaf blowers to clean up ash or dust!

Top Ten Steps

(continued from front)

- 6. Make your Next Car a Clean-Air Car.** When you go car shopping, look for high fuel efficiency ratings, and low smog pollution ratings.
- 7. Combine car trips.** Three trips combined into one will pollute less. Drop the DVD off on the way to the grocery store and avoid making separate trips.
- 8. Buy Less Toxic Products.** Paint with water-based paints, wash clothes by hand instead of dry cleaning, buy less toxic cleaning products, and avoid insecticides and pesticides when possible.
- 9. Reduce, Re-use, Recycle.** Recycle everything you can and try to buy things that are reusable, recyclable and made with recycled materials.
- 10. Speak Out for Clean Air.** Tell your family, friends and coworkers about the importance of clean air. Support companies that care about the environment with your buying power.

A few other ideas:

- Shop local when you can.
- Take canvas bags along when you go shopping so you don't need to use additional bags.
- Take your coffee container to the coffee shop.
- Use an electric mower, or push mower, instead of a gas-powered mower.
- Use a broom instead of a leaf blower.
- Use a gas log in your fireplace, and a gas grill outdoors.
- Work from home.
- Don't use indoor air cleaners that generate ozone.

Types of Air Pollution

In Santa Barbara County we are concerned with several air pollutants, including nitrogen oxides, hydrocarbons, ozone, particulate matter (particles), and air toxics. **Cars and trucks are a major source of these pollutants.**

Ozone

Good up high, bad nearby!

Ozone, a principal component of smog, is a colorless gas formed when nitrogen oxides and hydrocarbons react in the presence of sunlight and heat.

Good up high

In the upper atmosphere, naturally-occurring ozone forms a layer that protects the earth from harmful rays of the sun.

Bad nearby

Ground-level ozone damages human lungs, affects long-term lung development in children, and can help cause early childhood asthma.

Particle Pollution

Fine particles suspended in the air, also known as particulate matter, can enter our lungs and our bloodstreams. In addition to harming our lungs, high levels of particles have been associated with heart problems, including heart attacks.

Air Toxics

Air toxics are chemicals suspended in the air that can cause cancer or other health effects.

You Can Learn More...

- Visit our website at www.OurAir.org or call us at (805) 961-8800.
- Learn more about car free options at: www.trafficsolutions.info, and www.SantaBarbaraCarFree.org.
- Find out more about air pollution and lung health at www.lungusa.org, or call (805) 963-1426.
- Find additional information on the California Air Resources Board website at www.arb.ca.gov.