

take care of our air

More than half of all emissions that go on to form ozone pollution are the result of **everyday people doing everyday things**, such as driving and yard work.



Your simple actions can help reduce pollution:

 On the road

 At home

 On the job



MID-AMERICA
REGIONAL COUNCIL
AIR QUALITY PROGRAM

On the road

- **Carpool, walk, bike or take the bus.** Reducing driving, even by just one mile, reduces emissions.
- **Refuel after 7 p.m.** Gas vapors will dissipate overnight.
- **Stop at the click.** Overfilling your gas tank can damage your car and makes spills more likely.
- **Don't idle.** If you're parking your car for more than 30 seconds, turn off the engine. You'll save money on gas and prevent pollution.
- **Maintain your car.** Keep tires properly inflated, change your oil, replace old filters, and check all fluids regularly.
- **Avoid excess loads.** Hauling extra pounds reduces fuel efficiency.
- **Use the cruise.** Maintaining a constant speed with cruise control will help conserve fuel.

Did you know?

The average adult breathes about 35 pounds of air each day.



At home

- **Mow after 7 p.m.** Fumes released by gas lawn mowers settle overnight.
- **Use electric or manual lawn and garden tools.**
- **Use natural or organic fertilizers.** Manufacturing fertilizer uses a lot of energy.
- **Look for paints, solvents, sealants and stains labeled "low VOC" or "no VOC."** Volatile organic compounds (VOCs) add to air pollution.
- **Turn off gadgets.** Items left running when not in use waste energy.
- **Stay efficient.** Cut energy costs by regularly replacing air filters, tuning or upgrading your furnace or other appliances, adjusting your thermostat by a few degrees, and weatherizing your home.
- **Use a charcoal chimney when grilling.** Lighter fluid is a source of VOCs.

Did you know?

Ozone pollution is invisible to the naked eye.



On the job

- **Get creative with your commute.** Carpool, bike, walk or take the bus.
- **Bring your lunch.** Or walk to a nearby restaurant — skip the car trip.
- **Teleconference, telecommute or e-mail.** You'll save time and reduce emissions.
- **Carpool to meetings.** When meeting in person is essential, share a ride.
- **Reduce, reuse, recycle.** Use both sides of a sheet of paper and think twice before printing something. Create less trash and recycle what's left.
- **Turn off lights and electronics when you leave.** You'll reduce energy consumption.
- **Encourage your workplace to join the AirQ Workplace Partnership.** It's a free program that teaches employees about simple actions that lead to cleaner air. Learn more at www.marc.org/airQ.

Did you know?

More than 100,000 people in Greater Kansas City have asthma.



What is ozone pollution?

Ground-level ozone — or smog — forms when **emissions from man-made sources**, such as cars or lawn and garden equipment, react in heat and sunlight. Ground-level ozone **concentrations are typically highest during summer**, when the weather is often warm and sunny.

Ozone pollution can cause **wheezing, coughing and difficulty breathing** even in healthy adults. Seniors, children and people with asthma may be especially sensitive to ozone pollution.

The SkyCast

If you **know when to expect ozone pollution**, you can take actions that protect your health and reduce emissions.

The Mid-America Regional Council issues a daily, regional air quality forecast — the **SkyCast** — from April 1 to Oct. 31 each year. The SkyCast forecasts how much ozone pollution will be in our air each day. Find it ...

- **Online:** www.marc.org/airQ or [www.twitter.com/airQKC](https://twitter.com/airQKC)
- **By phone:** 913/383-7557
- **Via many local media outlets**



Ozone Alert days

When a high level of ozone pollution is expected, the SkyCast will be an **orange or red "Ozone Alert."** Take the following actions on these days to **protect your health and reduce pollution:**

- **Carpool, take the bus, walk or bike to reduce emissions.** Fares on all regular bus routes are reduced on Ozone Alert days.
- **Don't use gas-powered lawn equipment** until the next green SkyCast is issued.
- **Don't refuel your vehicle** until the next green SkyCast is issued.
- **Stay indoors in a well-ventilated area between 10 a.m. and 7 p.m.** Try to schedule strenuous outdoor activities before 10 a.m. or after 7 p.m.
- **Watch out for family, friends and neighbors.** Check on seniors, children and people with breathing or heart problems.

For more information on Greater Kansas City's air quality, visit www.marc.org/airQ.

Mid-America Regional Council

Air Quality Program

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