Did you know?

Ozone pollution is invisible to the naked eye.

Did you know?

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

Your simple actions can help reduce pollution:

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 clock. Overfilling your gas tank can damage your car and make 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.

AT HOME

• Mow after 7 p.m. Fumes released by gas lawn mowers dissipate 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.

ON THE JOB

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

• Conducting a pollution survey at your workplace can identify sources of emissions and opportunities for reducing them.

• Encourage your coworkers to use alternative transportation options, such as carpooling or biking.

• Spread the word about the benefits of reducing pollution through meetings, memos and newsletters.

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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. If you must refuel, do it after 7 p.m.

• 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.

Did you know?

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

For more information on Greater Kansas City's air quality, visit AirQKC.org.

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

• Online at AirQKC.org
• By email sign-up at greaterkc.enviroflash.info
• On Twitter: @airQKC
• By phone at 816-701-8287
• Via many local media outlets

THE SKYCAST

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

THE SKYCAST

RED ALERT

MODERATE

ORANGE ALERT

GOOD

OZONE POLLUTION

Ground-level ozone forms when emissions from sources including 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.

GROUND-LEVEL OZONE

Visible pollution

Smog

Smell

Asthma, bronchitis, emphysema

Coughing, irritation

Sore throat

Eye irritation

Headache

Dryness of mouth

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For more information on Greater Kansas City's air quality, visit AirQKC.org.

Mid-America Regional Council
Air Quality Program
600 Broadway, Suite 200, Kansas City, MO
816-474-4240 | AirQKC.org