

# Simple Actions to Reduce Air Pollution



## **On the Road**

Don't idle your vehicle. If you're stopped for more than 10 seconds (except in traffic) turn off the engine instead of idling. Avoid using drive-throughs. Keep your vehicle tuned up and tires properly inflated. Join a carpool or use public transportation. Whenever possible, choose to walk or cycle. When driving, plan your routes for efficiency and combine trips whenever possible.



## **Getting to School**

Organize a Walking School Bus. A Walking School Bus is two or more families, traveling to or from school together. It combines healthy exercise with hands-on street proofing lessons and reduced greenhouse gas emissions. If just nine families participate regularly in a Walking School Bus, they can collectively prevent almost 1,000 kg of greenhouse gases from being released into the atmosphere.

Have your family take the iCANwalkPledge and get involved with Active and Safe Routes to School.



## **On your property**

Plant trees on your property and participate in community tree planting events too! Switch to a manual reel or electric mower.



## **At Home**

We spend a lot of time indoors and poor indoor air quality can make us sick. Switch your chemical cleaning products to environmentally friendly options. Keep woodstoves and fireplaces well maintained. Choose an eco-friendly dry cleaner. When it's time to paint, choose a low volatile organic compound (VOC) brand.