

# Protect the Air You Breathe

## Ways to Fight Air Pollution in Your Community

### Individuals

- Visit the American Lung Association's Web site at [www.californialung.org](http://www.californialung.org) and learn about Clean Air Month activities in your area.
- Consider making your next vehicle a cleaner-fueled one. Electric, natural gas, and hybrid electric-gasoline vehicles pollute less and reduce our unhealthy dependence on oil. American Lung Association volunteers, staff and donors can receive discounts on the purchase or rental of cleaner-fueled cars at EV Rental Cars. Mention the American Lung Association, and EV Rental Cars will make a donation to the organization. For more information, visit <http://californialung.org/spotlight/evrental.html>. For a list of recommended cleaner-fueled vehicles, go to [http://www.californialung.org/spotlight/cf\\_vehicles.html](http://www.californialung.org/spotlight/cf_vehicles.html).
- Drive less by walking more. Walk to work, school, errands or to visit friends and family.
- Take your lunch to work or walk to lunch if possible.
- Ride your bike to work and encourage others to try this zero-pollution mode of transportation. Bicycling is good for your health in more ways than one.
- Take the train or bus whenever possible. Enjoy the free time and freedom from driving.
- Take the kids bicycling, walking or roller-skating. Get them thinking about their health and how it relates to the environment.
- Carpool. You'll save on gasoline and vehicle repairs.
- Maintain your vehicle. Emissions coming out of your tailpipe hurt our children. Give your car a regular check up and help improve the health of future generations.
- Keep your tires properly inflated to save gas.
- Take care when refueling your vehicle. Don't top off your tank and wait three seconds before removing the nozzle. Fuel spillage adds to air pollution.
- Combine errands into one trip.
- Keep your garden green and use electric lawn and garden tools.
- Don't use your wood stove or fireplace on days when air quality is poor and make sure your wood stove is approved by the Environmental Protection Agency.
- Avoid using leaf blowers, especially gasoline-powered models, and other dust-producing equipment.

- Drive slowly on unpaved roads and other dirt surfaces.
- Use water-based paints and cleaning products.
- Conserve energy year-round. Consider installing solar panels to reduce energy consumption.
- Download the American Lung Association of California's English and Spanish diesel effects ads/posters at [http://www.californialung.org/spotlight/cleanair01\\_ads.html](http://www.californialung.org/spotlight/cleanair01_ads.html) and display them at your local library, community center, and other places where people will see them.
- Become an American Lung Association e-Advocacy Network volunteer and let policymakers know you want them to protect the air you breathe. Sign up at [www.californialung.org](http://www.californialung.org).
- Organize a committee to work with your school district to replace diesel buses with buses powered by cleaner fuels such as natural gas.
- Organize a committee to work with your company to replace corporate fleets with cleaner-fueled vehicles.

### **Companies, Schools and Organizations**

- Invite speakers to your company or school to talk about cleaner transportation, including electric, natural gas, hybrid electric-gasoline and fuel cell technology. Discuss the health benefits of driving vehicles that don't pollute our air.
- Replace fleets with cleaner-fueled vehicles such as hybrid electric-gasoline, natural gas or electric and take advantage of lower maintenance costs and other incentives. For details, visit <http://www.californialung.org/spotlight/vehicles.html>.
- Replace diesel buses and trucks with those powered by cleaner fuels such as natural gas, electricity or fuel cells.
- Conserve energy year-round. Consider installing solar panels to reduce energy consumption.
- Provide charging stations for electric vehicles and natural gas refueling stations.
- Encourage employees to carpool. Offer preferred parking and other incentives.
- Make your next vehicle a cleaner-fueled one. American Lung Association volunteers, staff and donors can receive discounts on the purchase or rental of cleaner-fueled vehicles at EV Rental Cars. Mention the American Lung Association, and EV Rental Cars will make a donation to the organization. For more information, visit <http://californialung.org/spotlight/evrental.html>.
- Purchase cleaner-fueled vehicles for your organization, church or temple.
- Telecommute don't pollute. Employees who work at home have more time for business when they spend less time in traffic.

- Hold conference calls instead of in-person meetings. Cutting down on car trips reduces air pollution.
- If your company is in the construction or other dust-producing industry, be sure to follow all dust-reduction regulations.
- Download the American Lung Association of California's English and Spanish diesel effects ads/posters at [http://www.californialung.org/spotlight/cleanair01\\_ads.html](http://www.californialung.org/spotlight/cleanair01_ads.html) and display them in lunchrooms, lobbies, and other areas where people will see them.

## **Government**

- Support policies that improve air quality, including reducing our unhealthy dependence on petroleum, phasing out dirty diesel engines and requiring automakers to cut vehicle emissions.
- Adopt measures to reduce pollution created by the goods movement industry, which includes trucks, trains and ships.
- Support walking and biking by adopting regional design standards for transportation projects that are conducive to biking and walking.
- Establish a regional bicycling agency to develop a regional bicycle network connecting urban areas.
- Set policies that require new developments to incorporate smart growth goals that facilitate walking, biking and using mass transit.
- Replace government fleets with cleaner-fueled vehicles such as hybrid electric-gasoline, natural gas or electric and take advantage of lower maintenance costs. For details, visit <http://www.californialung.org/spotlight/vehicles.html>.
- Replace diesel buses with buses powered by cleaner fuels such as natural gas, electricity or fuel cells.
- Support policies that encourage building on land within or near existing developments rather than in outlying areas to reduce car dependency.
- Download the American Lung Association of California's English and Spanish diesel effects ads/posters at [http://www.californialung.org/spotlight/cleanair01\\_ads.html](http://www.californialung.org/spotlight/cleanair01_ads.html) and display them in lunchrooms, lobbies, and other areas where people will see them.

For more information about air pollution and lung health, call the American Lung Association at 1.800.LUNG.USA or visit our Web site at [www.californialung.org](http://www.californialung.org).