


AIR QUALITY PLEDGE

BINGO

<p>Do something that can positively impact air quality. What did you do?</p>	<p>List one method to get around that doesn't pollute the air?</p>	<p>Find something that you can repair. What was it?</p>	<p>How many gallons of air do you breathe per day?</p>	<p>Eat something local. What did you eat?</p>
<p>The air you breathe is composed primarily of?</p>	<p>Find a way to reuse something. What is it?</p>	 <p>CLEAN AIR PARTNERS DC-MD-VA</p>	<p>Find a way to reduce energy. How did you do it?</p>	<p>What is the Air Quality Index-AQI today?</p>
<p>What is the primary source of oxygen on Earth?</p>	<p>What is the condition in which a person's airways swell, making it difficult to breathe?</p>	<p>What can you recycle today?</p>	<p>What is one thing that you can do to keep your lungs healthy?</p>	<p>Do something that can reduce carbon dioxide in the atmosphere. What did you do?</p>

PLEDGE BINGO

Factoids

- 1) **Conserve and Reduce Energy:** your home energy consumption translates into air pollution. Any energy reduction, conservation and improvement in efficiency will reduce air pollution.
- 2) **The 5 Rs Reduce, Recycle, Reuse, Repair, Refuse:** Manufacturing goods and dealing with solid waste (garbage) creates unnecessary air pollution.
- 3) There are many things you can do to **improve air quality**. Here are some examples: walk, bike, combined trips, do not idle, conserve energy etc...
- 4) **Eating local:** Purchasing local food helps the environment by reducing food miles (fuel consumption = air pollution). Most foods in grocery stores travel over 1500 miles to get there!
- 5) **The amount of air that we breathe** depends on our age, our size and our level of activity. On average, a person at rest takes about 16 breaths per minute. This means we breathe about 960 breaths an hour, 23040 breaths a day between 2,000-3,000 gallons per day.
- 6) **Asthma** is a chronic condition that affects the airways. It causes wheezing and can make it hard to breathe. Some triggers include exposure to an allergen or irritant, viruses, exercise, and other factors. If you have asthma know your triggers.
- 7) The **Air Quality Index** is used for reporting daily air quality. It tells you how clean or polluted your air is, and what associated health effects might be.
- 8) **Keeping your lungs healthy:** Stay away from smoke and other environmental irritants. Eat healthy. Exercise. Improve indoor air quality.
- 9) Air is made up of **78% Nitrogen, 21% Oxygen** and 1% mixed gases
- 10) More than 50% of the oxygen on Earth comes from phytoplankton in the ocean.

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