

Clean Air Partners

presents

Why You Should Give a Darn about Air Quality

Do you live in the greater metro Baltimore-Washington region? **IF SO, LISTEN UP.** Air quality affects you, and you affect your air quality. Read on for some simple changes you can make to improve the air we breathe.

How's Our Air?

Our region's air quality is on the upswing—but, there is always room for improvement. Tighter emission controls and air quality programs like Clean Air Partners are making a difference—**let's keep working together to reduce our air pollution.**

What Is Ozone Pollution?

Gases called Nitrogen Oxides (NOx) and Volatile Organic Compounds (VOCs) react to form ground-level ozone in the presence of heat and sunlight. We breathe this in with every breath.

Yuck.

OZONE POLLUTION COMES FROM passenger vehicles, dry cleaning, solvents, gas stations, gas lawn tools, tractors, airplanes, boats, power plants, and factories.

If we don't change something, we could see **3 x more days over 90°F** and **10 x more days of 100°F** per year.

THE INCREASED HEAT WILL RESULT IN EVEN WORSE AIR POLLUTION—A VICIOUS CYCLE!

How it affects us

If you, your child, or a family member is sensitive to air quality, take proper precautions during ozone season (May–September).

EVERYONE in the greater metro Baltimore-Washington region is at risk from pollution. These sensitive groups are *particularly* affected:

CHILDREN have higher respiratory rates and spend a lot of their time outside (23% of people in our region)

SENIORS (65+) illnesses are aggravated by ozone, resulting in more hospital admissions (11% of people in our region)

People with **RESPIRATORY** and/or **PULMONARY** conditions (20% of people in our region)

ATHLETES Exercising outside during ozone season can be dangerous. If you feel pain while breathing after exercising, it means you've been exposed to ozone

1 in 5 children in Baltimore & **1 in 10 in D.C.** have asthma

TREES

WATER

How can you be part of the solution?

Know your air quality. **Code Orange** and **Code Red** air quality days mean to take precaution!

Don't idle your bus or vehicle

Use mass transit or carpool

Drivers are exposed to more pollution than cyclists or pedestrians. You and the environment are better off if you don't drive

Replace incandescent light bulbs with compact fluorescent lights

Telework

Turn off lights and electronics when not in use

Keep your car properly maintained

Combine your errands

Leave your car at home just 2 days a week and reduce your emissions by 1,600 lbs/year

Refuel your car after dusk

Do not use chemicals on your lawn or garden

Use electric-powered lawn tools, especially on poor air quality days



Visit CleanAirPartners.net to discover additional steps you can take to improve our region's air quality and protect your health.

Download the **Air Quality App** to stay in the know about your air quality. If you need to clear app space on your phone, maybe it's time to delete Candy Crush?

