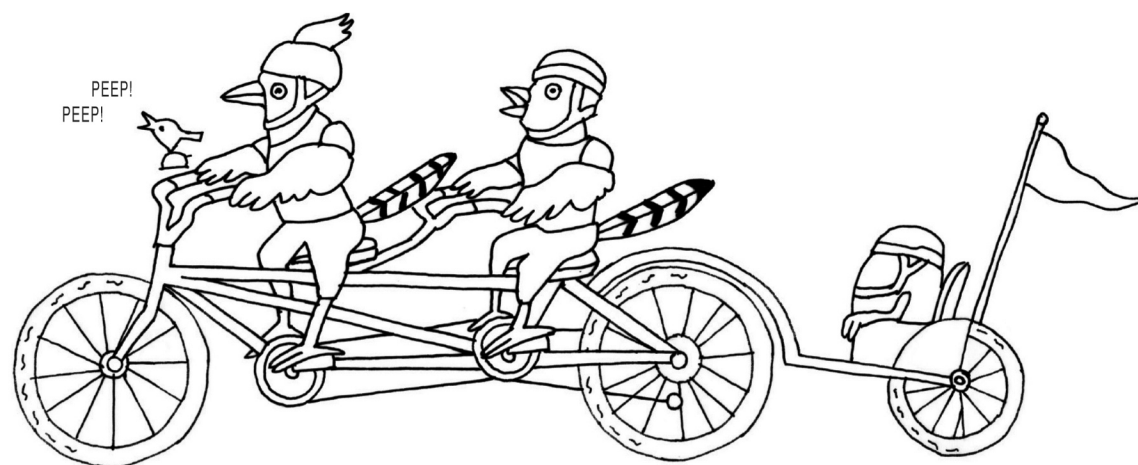


# THINGS YOUR FAMILY CAN DO FOR CLEAN AIR



Here are 7 basic steps you and your family can take to reduce pollution and contribute to cleaner, healthier air and climate:

## RIDE A BIKE!

Biking—even just a few times a week—is not only great exercise, it's a great way to decrease air pollution and fight climate change! Research your city's bike routes and commit to replacing your car with your bike 1-2 times a week.

## GET DOWN ON DRIVING

Try out the bus, BART or light rail if you have one in your area. Using transit, walking and biking are all great ways to clean the air and get healthier. Transportation emissions account for more than half of all pollution on a statewide basis.



Take the Idle Free Pledge at  
[www.idlefreebayarea.org](http://www.idlefreebayarea.org)

## IF BUYING A CAR, CONSIDER ELECTRIC OR HYBRID-ELECTRIC CAR

Every day, Californians drive 825 million miles—emitting 5.4 million tons of pollutants daily. Choosing a cleaner car has never been easier. State and federal tax credits and rebates exist to encourage cleaner car purchases. Visit [www.drivecleanca.gov](http://www.drivecleanca.gov) to see how you can save!

## REDUCE THE AMOUNT OF TIME YOU IDLE YOUR CAR

Idling for only 30 seconds uses up more fuel than restarting the engine. Instead of idling in bank or restaurant drive-through lines, park your car and go inside. Don't idle! You will save fuel and prevent pollution!

## DON'T BURN WOOD

Just like tobacco smoke, wood smoke pollution is harmful to your health. Smoke from wood burning is the largest source of particle pollution during winter. Cleaner heating alternatives such as electric heat pumps and natural gas are available for the glow without the smoke.

## USE LUNG FRIENDLY PRODUCTS



Choose water-based paints labeled "Zero-VOC" when painting, and use brushes not sprayers. Mow with a push or electric mower. Use a rake or a broom rather than a leaf-blower. Choose non-aerosol products when possible (e.g., hairspray, deodorant).

## PROMOTE CLEAN AIR



Call 1-900-END-SMOG to report smoking vehicles. Write to elected officials to let them know that clean air matters. Volunteer at the American Lung Association to help clean up air pollution.

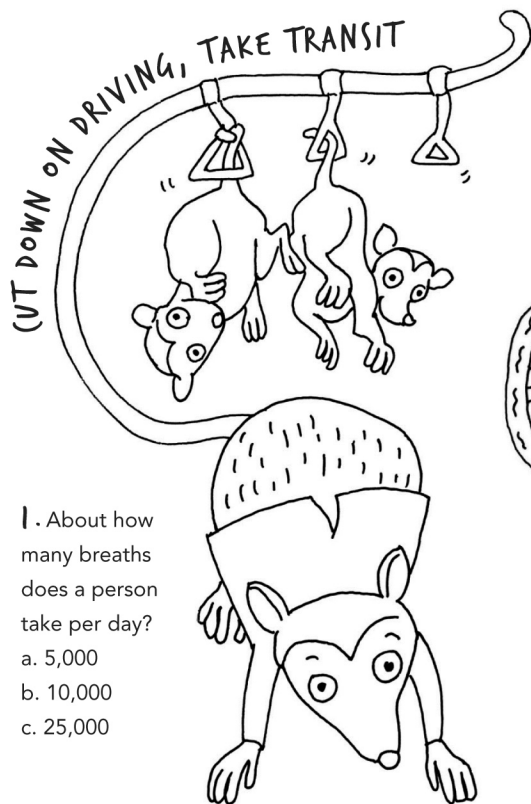
1-800-LUNGUSA | [lung.org/california](http://lung.org/california)  
[sparetheair.org](http://sparetheair.org)

# EVERYONE BREATHES AIR!

What is in the air you breathe? Is your air full of traffic pollution, smoke from fireplaces or other bad stuff? If you breathe dirty air, you might wind up with health problems that make it harder to breathe.

Everyone needs to do their part to keep our air clean and stay healthy. A healthy climate depends on clean air, too!

Let's see how you do on the **Clean Air Quiz!**



1. About how many breaths does a person take per day?
- 5,000
  - 10,000
  - 25,000



4. Which of the following things can make asthma worse?
- Cigarette smoke
  - Vehicle and truck exhaust
  - Wood smoke
  - All of the above



2. There are millions of tiny air sacs in your lungs. If you could lay them all flat, your lungs would be the size of a:
- Tennis court
  - Ping pong table
  - Bathtub

REDUCE THE AMOUNT OF TIME YOU IDLE YOUR CAR



5. Power plants produce the most pollution in California.
- True
  - False



3. Asthma is a disease that makes it hard for some people to breathe.
- True
  - False



**Answers:** 1. C - Yes, 25,000 is a lot of breaths! This means the more polluted the air is, the more we breathe harmful toxins into our lungs. 2. A - There are 600 million tiny air sacs in your lungs that take in oxygen and deliver it to the bloodstream. 3. True - Asthma causes the airways to the lungs to close up. 4. D - All of the above 5. False - Cars and trucks produce most of the harmful pollution in our air.