

# 10 Simple Steps To Improving Air Quality

- 1. Trip chain more often.** It's easy! Chances are, you're already doing it —combining your errands into one trip. It helps you get things done and it helps reduce traffic congestion and air pollution. When you first start a car after it has been sitting for more than an hour, it pollutes up to five times more than when the engine's warm.
- 2. Take mass transit, share a ride, or car pool.** Even if you do it just once or twice a week, you'll reduce traffic congestion and pollution, and save money. The average driver spends about 44 cents per mile including ownership and maintenance.
- 3. Have fun! Ride your bike.** It's a great way to travel and it can help you and the air get into condition. Vehicles on the road create more than 25% of all air pollution nationwide.
- 4. Take things in stride.** Walk or in-line skate instead of driving. They're easy ways to get exercise and they're easy on the air.
- 5. Care for your car.** Regular maintenance and tune-ups, changing the oil and checking tire inflation can improve gas mileage, extend your car's life and increase its resale value. It can also reduce traffic congestion due to preventable breakdowns and it could reduce your car's emissions by more than half.
- 6. Get fuel when it's cool.** Refueling during cooler periods of the day or in the evening can prevent gas fumes from heating up and creating ozone. And that can help reduce ozone alert days.
- 7. Don't top off the tank.** It releases gas fumes into the air and cancels the benefits of the pump's anti-pollution devices. So stopping short of a full tank is safer and reduces pollution.
- 8. Telecommute.** Work at home sometimes. You'll save time and money, and reduce emissions and traffic congestion.
- 9. Know before you go.** If your area has a travel and transit information network, use it by calling, visiting the web site or tuning into the cable station. Get travel and transit updates before you leave home and you won't get stuck in a jam.
- 10. Spread the word.** If everyone took just a few of these simple easy steps, it could make a big difference because— it could make a big difference in the quality of the air we breathe.