

**FOR IMMEDIATE RELEASE**  
**Issued By: Valley AIRNow**  
**For more information contact:**  
Tiffany Tumer, Outreach Coordinator  
(540) 560-3466; tumerta@jmu.edu



# PRESS RELEASE

---

Valley AIRNow • [www.valleyairnow.com](http://www.valleyairnow.com) • [info@valleyairnow.com](mailto:info@valleyairnow.com) • Hotline: 540.450.2207

## Be “Air Aware” during Air Quality Awareness Week

Winchester, VA—In recognition of National Air Quality Awareness Week (April 28—May 2), Valley AIRNow encourages Winchester-Frederick County residents to take steps to protect local air quality and public health. Air Quality Awareness Week coincides with the beginning of the national ozone forecasting season, which begins May 1st.

From April 28—May 2, Valley AIRNow will be promoting clean living choices that reduce emissions and protect the air that we breathe. Many of these choices are simple, cost-effective, and take very little of your time. Examples include:

- Turn off your engine while parked.
- Combine your errands into one trip.
- Take public transportation when possible.
- Carpool to work, school, or other activities.
- Keep your vehicle maintained according to manufacturer specifications.
- Refuel your vehicle after dusk.
- Avoid spilling gas and don't “top off the tank”.
- Buy low VOC paints for indoor and outdoor painting jobs.
- Postpone the use of gasoline-powered lawn and garden equipment until later in the day.

Also, don't forget to visit the Valley AIRNow web site at [www.valleyairnow.com](http://www.valleyairnow.com) for an Air Aware tip of the day. Or, take our pledge and tell us which action you plan to take this ozone season.

National Air Quality Awareness Week is sponsored by the U.S. Environmental Protection Agency (EPA) and the National Oceanic and Atmospheric Administration's (NOAA) National Weather Service. For more information, visit: <http://www.epa.gov/airnow/airaware/airaware.html>.

###