



Do Your Share, Preserve Our Air

Clean air and blue skies are a Valley hallmark!

A few days each summer, a combination of sunny weather and vehicle emissions contribute to ozone problems. Exposure to ground-level (or bad) ozone can cause health effects such as:

- runny nose
- sore throat
- irritated eyes
- shortness of breath
- persistent cough
- a burning sensation in the chest

People who exercise outdoors and people with respiratory problems are most affected by overexposure.

Follow these tips especially on Ozone Action Days!

Tip 1 - Refuel Carefully

- Refuel after 6:00 p.m., if possible.
- Avoid spills and don't try to top off your tank.

Tip 2 - Limit Your Driving

- Avoid driving during peak traffic periods when stop-and-go traffic is at its worst.
- Try not to drive at all, especially during the morning and early afternoon.
- Plan ahead, organize your trips. Combine several errands into one trip.
- Take your lunch to work to avoid lunch trips.
- Consider other commute options: public transit, carpooling, walking, biking, teleworking at home.

Tip 3 - Drive Emissionwise

- If you must drive, use the least polluting of your vehicles.
- Use clean fuels if available. Avoid excessive idling, and areas of congestion. Stop and start evenly.
- Drive at a steady speed. Drive at medium speeds. Use your air conditioner wisely.
- Consider fuel efficiency and emissions when buying a new car.

Tip 4 - Maintain Your Vehicle

- Engine performance, emission control systems, and tire inflation are important.
- Follow your owner's manual and get regular engine tune-ups and car maintenance checks.
- Use an energy-conserving grade of motor oil. An EC multigrade can improve your mileage by as much as 1.5 percent.

Tip 5 - Learn About Local Efforts And Issues

- Learn what you can do to help clear the air.
- Share what you learn and let people know you care.
- Join a community group that is working to improve air quality.