

take care of our air

More than half of all emissions that form ozone pollution are the result of **everyday people doing everyday things**, such as driving and yard work.



Your simple actions can help reduce pollution:



ON THE ROAD



AT HOME



ON THE JOB



MID-AMERICA
REGIONAL COUNCIL
AIR QUALITY PROGRAM



ON THE ROAD

- **Carpool, walk, bike or take the bus.** Reducing driving, even by just one mile, reduces emissions.
- **Refuel after 7 p.m.** Gas vapors will dissipate overnight.
- **Stop at the click.** Overfilling your gas tank can damage your car and makes spills more likely.
- **Don't idle.** If you're parking your car for more than 30 seconds, turn off the engine. You'll save money on gas and prevent pollution.
- **Maintain your car.** Keep tires properly inflated, change your oil, replace old filters and check all fluids regularly.
- **Avoid excess loads.** Hauling extra pounds reduces fuel efficiency.
- **Use the cruise.** Maintaining a constant speed with cruise control will help conserve fuel.

Did you know?

The average adult breathes about 35 pounds of air each day.



AT HOME

- **Mow after 7 p.m.** Fumes released by gas lawn mowers dissipate overnight.
- **Use electric or manual lawn and garden tools.**
- **Use natural or organic fertilizers.** Manufacturing fertilizer uses a lot of energy.
- **Look for paints, solvents, sealants and stains labeled "low VOC" or "no VOC."** Volatile organic compounds (VOCs) add to air pollution.
- **Turn off gadgets.** Items left running when not in use waste energy.
- **Stay efficient.** Cut energy costs by regularly replacing air filters, tuning or upgrading your furnace or other appliances, adjusting your thermostat by a few degrees and weatherizing your home.
- **Use a charcoal chimney when grilling.** Lighter fluid is a source of VOCs.

Did you know?

Ozone pollution is invisible to the naked eye.





ON THE JOB

- **Get creative with your commute.** Carpool, bike, walk or take the bus.
- **Bring your lunch.** Skip the car trip by packing a lunch or walking to a nearby restaurant.
- **Teleconference, telecommute or email.** You'll save time and reduce emissions.
- **Carpool to meetings.** When meeting in person is essential, share a ride.
- **Reduce, reuse, recycle.** Use both sides of a sheet of paper, think twice before printing something and recycle what's left.
- **Turn off lights and electronics when you leave.** You'll reduce energy consumption.
- **Encourage your workplace to join the AirQ Workplace Partnership.** It's a free program that teaches employees about simple actions that lead to cleaner air. Learn more at AirQKC.org.

Did you know?

More than 100,000 people in Greater Kansas City have asthma.



OZONE POLLUTION

Ground-level ozone forms when **emissions from sources** including cars or lawn and garden equipment react in heat and sunlight. Ground-level ozone **concentrations are typically highest during summer**, when the weather is often warm and sunny.

Ozone pollution can cause **wheezing, coughing and difficulty breathing** even in healthy adults. Seniors, children and people with asthma may be especially sensitive to ozone pollution.

THE SKYCAST

GOOD

MODERATE

ORANGE ALERT

RED ALERT

If you **know when to expect ozone pollution**, you can take actions that protect your health and reduce emissions.

The Mid-America Regional Council issues a daily, regional air quality forecast — the **SkyCast** — from March 1 to Oct. 31 each year. The SkyCast forecasts how much ozone pollution will be in our air each day. Find it...

- Online at AirQKC.org
- By email sign-up at greaterkc.enviroflash.info
- On Twitter: [@airQKC](https://twitter.com/airQKC)
- By phone at **816-701-8287**
- Via many **local media outlets**

OZONE ALERT DAYS

When a high level of ozone pollution is expected, the SkyCast will be an **orange or red "Ozone Alert."** Take the following actions on these days to **protect your health and reduce pollution**:

- **Carpool, take the bus, walk or bike to reduce emissions.** Fares on all regular bus routes are reduced on Ozone Alert days.
- **Don't use gas-powered lawn equipment** until the next green SkyCast is issued.
- **Don't refuel your vehicle** until the next green SkyCast is issued. If you must refuel, do it after 7 p.m.
- **Stay indoors in a well-ventilated area between 10 a.m. and 7 p.m.** Try to schedule strenuous outdoor activities before 10 a.m. or after 7 p.m.
- **Watch out for family, friends and neighbors.** Check on seniors, children and people with breathing or heart problems.

For more information on Greater Kansas City's air quality, visit AirQKC.org

