

## Clean Air at Work

Make a difference on a larger scale when your company or organization becomes a member of Clean Air Partners. Adopting a few simple steps, like offering employees daily air quality forecasts and the Air Quality Action Guide, as well as promoting teleworking, transit, ride sharing and biking to work, can reduce pollution and acknowledge "green" thinking as a company priority. For more information about becoming a member or sponsor of Clean Air Partners visit: [cleanairpartners.net](http://cleanairpartners.net).

Thank you to the following sponsors who have made a commitment to Clean Air Partners to help do even more than their share for cleaner air:



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## Breathe Easier – Do Your Share for Cleaner Air



## Clean Air Partners Providing the Tools to Improve Air Quality

Clean Air Partners is a non-profit, public-private partnership committed to improving air quality in the metropolitan Washington-Baltimore region through voluntary actions by individuals and businesses. The following tools can help you make everyday decisions that can improve the health of your family and our environment.

- **Daily Air Quality Forecasts:** Each day you can receive an email forecast telling you if your air quality is healthy or unhealthy (sign up at: [cleanairpartners.net](http://cleanairpartners.net)).
- **Air Quality Action Guide:** This easy-to-read "how to" guide describes various levels of air quality while providing you with helpful steps on how to do your share for cleaner air (see the tear-off guide).
- **Clean Air Education:** We also offer air quality curriculum and educational materials for regional schools so kids can learn how to protect their health and the environment.



## AIR QUALITY ACTION GUIDE

Your "how to" guide  
for cleaner air

Air Quality Rating	Steps to Protect Your Health and Our Environment
GOOD 0-50	Enjoy the great outdoors
MODERATE 51-100	Some Pollution – poses risk to the highly sensitive <ul style="list-style-type: none"><li>• Carpool, use public transit, bike, or walk</li><li>• Limit driving, consolidate trips</li><li>• Reduce car idling</li></ul>
UNHEALTHY for Sensitive Groups 101-150	Pollution levels harmful to children, the elderly, and anyone with respiratory or heart conditions – limit activity outdoors <ul style="list-style-type: none"><li>• Follow all action steps above</li><li>• Refuel after dusk, use fuel-efficient vehicles</li><li>• Avoid driving, use transit, telework</li><li>• Avoid using aerosol products</li></ul>
UNHEALTHY 151-200	Pollution levels harmful to all – sensitive groups should avoid outdoor activities, others should limit outdoor exertion <ul style="list-style-type: none"><li>• Follow all action steps above</li><li>• Avoid using any gas-powered equipment</li><li>• Wait to paint until air quality improves</li></ul>
VERY UNHEALTHY 201-300	Pollution levels very unhealthy for everyone – avoid any physical activity outdoors

Visit [cleanairpartners.net](http://cleanairpartners.net) to get your daily air quality forecasts and discover simple steps you can take each day to protect your health and our environment.

...cut or tear off this helpful guide and post it on your fridge or in your office to refer to daily...

# 10 Tips to Avoid Bad Air Days



- 1 Sign up to receive Clean Air Partners' daily air quality forecast at [cleanairpartners.net](http://cleanairpartners.net)
- 2 Check the Air Quality Action Guide for simple steps to improve air quality
- 3 Combine errands, eliminate unnecessary trips and avoid idling your engine
- 4 Limit driving – telework, carpool or vanpool, or take public transit
- 5 Postpone cutting the grass on poor air quality days OR use an electric lawn mower
- 6 Conserve electricity – use energy-efficient appliances and turn off lights and computer equipment when not in use
- 7 Keep your car tuned-up and the tires properly inflated to ensure best possible gas mileage
- 8 Refuel your vehicle in the evening
- 9 Encourage your employer to become a member of Clean Air Partners
- 10 Talk to your kids' schools to request the Clean Air Partners' air quality curriculum

Most importantly, tell everyone you know to do the same! Word of mouth and leading by example are great ways to get the word out and take action now.

## Why Care About Polluted Air?

### Ozone Has Issues

Ground-level ozone is created when pollutants from things like cars and trucks, gasoline-powered lawn equipment, paint, and aerosol products react with heat and sunlight—especially during warm summer months. You may think of ozone as a good gas in the upper atmosphere that actually protects the earth from harmful ultra-violet rays. However, too much ground-level ozone becomes unhealthy, especially for outdoor enthusiasts and anyone with respiratory or heart conditions. Children are also at risk because their lungs are still developing and they spend a lot of time playing outside, especially during the summer. Common effects are coughing, throat irritation, and shortness of breath or difficulty breathing.



### Particles Pose Problems

Particle pollution is a year-round problem created by things like auto exhaust, wood burning stoves, fireplaces, power and industrial plants, forest fires and agricultural burning. Particles are invisible to the naked eye, but can become highly dangerous as they make their way deep into the lungs and bloodstream. Particle pollution is especially hazardous to those with heart or lung disease, the elderly and kids. It can lead to increased hospital and emergency room visits, and may lead to more serious health concerns, including death.

## Make a Difference

We all need clean air to protect the health of our families and our environment. And whether we know it or not, the fact is that **everyone creates pollution**, so we all must do our share for cleaner air.

Arm yourself with information by checking daily air quality forecasts and use the attached Air Quality Action Guide to make good decisions on bad air days.



*"The Air Quality Action Guide gave me the information I need to make sure my daughter is protected."*

**Q:** I heard the air quality in the DC and Baltimore area has improved. If so, why do we still experience a good number of unhealthy air days?

**A:** The number of unhealthy air days in the region has decreased; however air pollution still poses a threat to public health on bad air days.



**Q:** Our nine year old has asthma, should we limit time outside on a Code Orange day?

**A:** Sensitive groups, such as children, the elderly and those with respiratory or heart conditions, should limit their prolonged outdoor activity on a Code Orange and above day. On these unhealthy air days, consider a variety of indoor activities such as playing inside or visiting your neighborhood gym or movie theater.

