

Live Healthy. Live Green.

# Reduce outdoor air pollution to breathe cleaner air

- Plant trees and other greenery to add oxygen and help lower carbon dioxide in the air. Replace some lawn with shrubs and trees that shade the house to save on cooling and heating costs.
- Create a garden and maintain it. Use manual tools for lawn and garden work, if possible. If not, use electric equipment. If you use gas powered equipment, avoid spilling gas at the gas station and when pouring it into the mower.
- Combine errands and reduce trips. Limit engine idling.
- Drive green to lower emissions of pollutants from your car. Obey the speed limit. Don't accelerate hard and brake hard. Get regular tune-ups. Keep tires inflated. Open windows and use the vents to cool off before you turn on the air conditioner. When buying a new car, choose a low-polluting vehicle.
- Get air conditioners and heat pumps serviced by technicians who are EPA-certified to handle refrigerants. If you buy these items new, choose ones that use non-ozone-depleting refrigerants.

