



50 SIMPLE WAYS TO HELP REDUCE AIR POLLUTION*

ALL VENTURA COUNTY RESIDENTS CAN MAKE A DIFFERENCE

There are simple steps you can take in your everyday life to help improve air quality. Every time you drive to work or school, use your heater or air conditioner, clean your windows or even style your hair, you make choices that can reduce or increase air pollution. Here are 50 things that are relatively simple to do that -- over time -- can have positive results on air quality here in Ventura County.

1. When purchasing a new car, consider one that is the most efficient, lowest-polluting vehicle or even a zero-emission electric car.
2. Walk or ride a bike when possible.
3. Take public transportation.
4. Organize and condense errands into one trip.
5. When driving, accelerate gradually and obey the speed limit.
6. Drive less, particularly on days with unhealthful air quality.
7. Maintain your vehicle and keep the tires properly inflated.
8. Contact the Ventura County Transportation Commission at goventura.org for ridesharing services.
9. Travel lightly and remove any unnecessary items that may weigh down your vehicle.
10. Limit idling.
11. Turn off the lights when you leave a room.
12. Replace energy-hungry incandescent lights with compact florescent light bulbs.
13. Opt for a fan instead of air conditioning.
14. Use a programmable thermostat and set it to 78° F in the summer and 68° F in the winter.
15. Ask your energy supplier for a home audit and inquire about alternative energy solutions like solar or wind.
16. Install low-flow shower heads.
17. Recycle paper, plastic, metals and organic materials.
18. Use a surge protector for multiple appliances and turn it off when products are not in use.

ON THE ROAD, AT HOME AND AT WORK, TAKING "GREEN" ACTIONS CAN HELP OUR AIR

In Ventura County, about half of the air pollution comes from cars and trucks. Fewer trips in these vehicles can help improve air quality. Even how you drive can reduce your car's footprint.

At home, there are many ways to help the air. By reducing energy consumption, choosing sustainable products and eliminating your exposure to chemicals, we can reduce pollution levels. If less gasoline, natural gas and electricity (power plants burn fossil fuels to generate electricity) are used, not only do your bills decrease but less pollutants are emitted. Many home, garden, and garage products emit smog-forming chemicals. Volatile organic compounds (VOCs) and particulate matter (PM) contained in these products penetrate deep into the lungs and can trigger asthma attacks or worsen respiratory illnesses.

At work, there are also ways of reducing consumption cost and emissions. Considering we spend a good portion of every week at the office, check out the suggestions here to keep your workplace environmentally-friendly.

19. Add insulation to your home.
20. Wash laundry in cold water and line dry.
21. When ready to replace, look for Energy Star appliances.
22. Microwave or use toaster for small meals.
23. Eat locally, shop at farmer's markets and buy organic produce.
24. Use durable and sustainable bags and keep them in our car so you're never caught off guard.
25. Have your gas appliances and heater regularly maintained.
26. Choose products that use recycled materials.
27. Paint with a brush instead of a sprayer.
28. Store all solvents in airtight containers.
29. Use an electric or push lawn mower.
30. Use a rake, broom, or electric leaf blower instead of a gasoline leaf blower.
31. Use water based cleaning products that are labeled *zero VOC*.
32. Plant a tree! Trees filter the air and provide shade that can reduce cooling costs.
33. Explore "green" outdoor activities including camping, biking, hiking, paddling, running, climbing, and electric boating.
34. Grow native or other low-water plants.
35. Compost.
36. Install water-saving devices in your garden.
37. Read up on organic gardening, composting, and energy efficiency.
38. Use water-based paints that are labeled as *zero VOC*.
39. Support nearby stores and restaurants, especially ones that use organic local ingredients.
40. Check with local, state, and federal agencies for rebate offers on alternative energy programs, products, etc.
41. For more tips on energy efficiency, visit the Ventura Regional Energy Alliance website at vcenergy.org.
42. Telework.
43. Start a recycling program at work.
44. Print and photocopy on both sides of paper.
45. Turn off office equipment, computers, printers and fax machine, after hours.
46. Dress for the weather and adjust layers before adjusting the thermostat.
47. Bring your lunch or walk to a nearby restaurant to reduce auto emissions.
48. If you need to use a professional printer, use one that has a FSC (Forest Stewardship Council) certification.
49. Teleconference.
50. Do at least one or more of these actions every day.

*(*text adapted from California Air Resources Board)*