



## ***Air Quality Awareness Week, May 2-6 Monterey, California – April 29, 2022***

May 2 – 6, 2022, is Air Quality Awareness Week. This year's theme is "Be Air Aware & Prepared!". The most common air pollutants in our region, ozone, sometimes called smog, and particle pollution, pose health risks for many residents each year. Each day during the week a news release and a social media post will feature a topic for you to learn more about air quality.

5/2, Monday – Wildfires & Smoke

5/3, Tuesday – Asthma & Your Health

5/4, Wednesday – Citizen Science & Sensors

5/5, Thursday – Environmental Justice & Air Quality

5/6, Friday – Air Quality Around the World

### **Be Air Aware & Prepared!**

Nearly every day, each of us contributes a little to air pollution – but we don't always realize it. Take a few minutes to think about how you contribute to air pollution. Then come up with a plan to make some changes. Try out these suggestions during Air Quality Awareness week!

**Alternative Mode Monday:** Utilize alternate modes of transportation. Consider taking the bus or vanpool.

**Ride Together Tuesday:** Carpool to as many locations as possible. Riding together decreases the amount of air emissions.

**Walk on Wednesday:** Walk to nearby locations instead of driving. Increasing the number of steps you take will improve your health.

**No Drive-Thru Thursday:** Avoid the drive-thru and go inside to order your food, coffee or prescriptions. By doing this you will reduce exhaust emissions.

**Firewood Friday:** Make sure to begin seasoning your firewood for the winter season. Buy your wood now so it will be dry and ready to burn this winter.

**Sweep It Up Saturday:** Sweep your driveway, patio, deck, etc. instead of using a leaf blower. Get some exercise and breathe in fresh air while you burn a few calories.

**Cycle Sunday:** Ride your bicycle to places you would normally drive your car. Get some fresh air and save some gas.

For more information about local air quality conditions visit: [www.mbard.org](http://www.mbard.org). Please follow us on social media and join us by tagging us and using the hashtags below.

**Follow us on social media:**  [@MBUAPCD](https://twitter.com/MBUAPCD)  [Monterey Bay Air Resources District](https://www.facebook.com/MontereyBayAirResourcesDistrict)  [mbardaq](https://www.instagram.com/mbardaq)

**Hashtags:** #AQAW2022, #AQI, #Asthma, #BeAirAwareAndPrepared, #Sensors, #Wildfire, #AQIQ, #EJ, #ParticipatoryScience, #AirQuality, #EnvironmentalJustice, #CitizenScience

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