

20 Ways You Can Clean the Air

ON THE ROAD

In our area, about half the air pollution comes from cars and trucks. Fewer trips in your car or truck can help improve air quality. Even how you drive can reduce your car's emissions.

Action you can take:

1. Plan your trips
2. Walk when possible
3. Take the bus
4. Accelerate gradually and obey the speed limit
5. Walk when possible
6. Buy or lease an electric vehicle
7. Ride a bike

AROUND THE HOME

Reducing energy consumption at home and choosing sustainable products can help contribute to cleaner air.

Action you can take:

8. Turn off the lights when you leave a room
9. Wash laundry in **cold water** and line dry.
10. Use an electric or push lawn mower
11. Use water-based cleaning products
12. Recycle paper, plastic, glass and yard waste
13. Do not use your fireplace or wood stove on unhealthy air days
14. Instead of using a wood stove or fire place to heat your home, use ductless heat pump, natural gas or propane insert or pellet stove

IN THE COMMUNITY

Choosing local products in your community and reducing consumption at work can help contribute to cleaner air.

Action you can take:

15. Buy local products and shop at local farmers markets
16. Use reusable bags and keep them in your car for easy access
17. Let your elected representative know you support clean air programs

AT WORK

18. Ridesharing, carpooling or vanpooling all reduce vehicle emissions and traffic congestion
19. Print and photocopy on both sides of paper
20. Consider alternative and flex schedules or telecommuting

**And, remember to
purchase an electric vehicle.
Incentives available.**



**Monterey Bay Air
Resources District**

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