

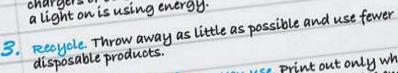


Things To Reduce Your GHGS and Air Pollution

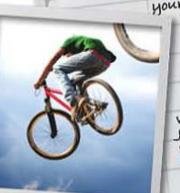


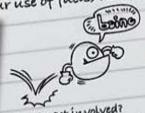
1. Share a ride. Vanpool, carpool, take mass transit, ride a bike. walk, or otherwise get to work or school in an environmentally friendly (and often less expensive) way.

Be conscientions about your energy use. Turn off your computer, television, and lights when not in use. Unplug phone chargers or other electronics when not needed, as anything with a light on is using energy.



- Reduce the amount of paper you use. Print out only what you really need, and print on both sides of the page. use email or phone when appropriate.
- 5. Save water. Consider drought-tolerant landscaping, adjust sprinkler, take shorter showers, try not to waste water.
- 6. use stairs if you are able, instead of the elevator (don't forget to use the handrails).
- use fewer disposable items. Bring your own glass, coffee cup, and/or dishes to work or school. Use reusable grocery bags instead of plastic or paper bags.
- 8. Think "green" when buying a car or appliance. Look at fuel type and fuel economy before you buy a car, and check out energy ratings on appliances. You can save a lot of money and be a more responsible consumer.
 - Purchase local goods when possible. Transporting groceries and other items uses fossil fuels, which add to global warming.
 - 10. Learn about global warming and what you can do to reduce your impact. Contribute to the solution, not just at work or at school, but at home, through your purchases, and by reducing your use of fuels, electricity, and water.

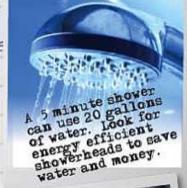




want to get involved? join the clean Air Congress. Check out the webpage at cleanAircongress.org.

Here are some online tools: Calculate your CO2 output: coolcalifornia.org/calculator Find out more about global warming: climate.nasa.gov











Download the ARMD's iPhone app at the iPhone store for free!

South Coast Air Quality Management District www.agmd.gov www.CleanAirCongress.org

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