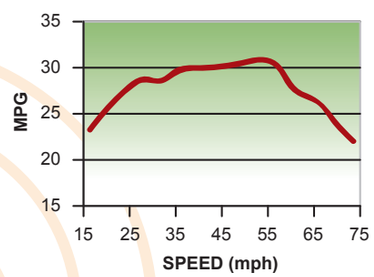
Choose to enjoy healthy air by picking what works best for you from this list of clean air action ideas. Air pollution triggers respiratory problems and is tied to heart disease, stroke and cancer. What you do *can* make a difference, because it all adds up to cleaner air.

AS YOU TRAVEL

Be an Eco-Driver!
Environmentally responsible driving can be safer, cut exhaust emissions, reduce fuel use and save money!

- Plan ahead! Combining errands into one trip reduces mileage and saves gas.
- Avoid rush hours and listen to the traffic report before you go. Congested conditions increase air pollution and expose drivers to unhealthy conditions.
- Tighten your gas cap (until it seals tightly or clicks). You can lose up to 30 gallons of gas a year by not tightening your gas cap.
- Avoid topping off the tank. Pumping in more gas after the pump shuts off releases gas fumes into the air and can cancel the benefits of the pump's anti-pollution system.
- Refuel when it's cool. Refueling during cooler periods of the day or in the evening generates less air pollution.
- Drive the speed limit. Gas mileage decreases rapidly at speeds above 60 mph.



- Avoid jackrabbit driving! Unnecessary braking and acceleration decreases gas mileage.
- Use cruise control on the highway to save fuel by maintaining a steady speed.
- Use overdrive gears on the highway to decrease engine speed and improve fuel economy.
- Don't let your vehicle idle. Idling wastes more fuel than restarting the engine and can consume a ½ gallon of gas per hour.
- Dejunk the trunk! Extra cargo is extra weight. Your engine burns more gas and releases more emissions.
- Care for your car. Regular oil changes and tune-ups, and properly inflated tires improve gas mileage and reduce emissions.

COMMUTING:

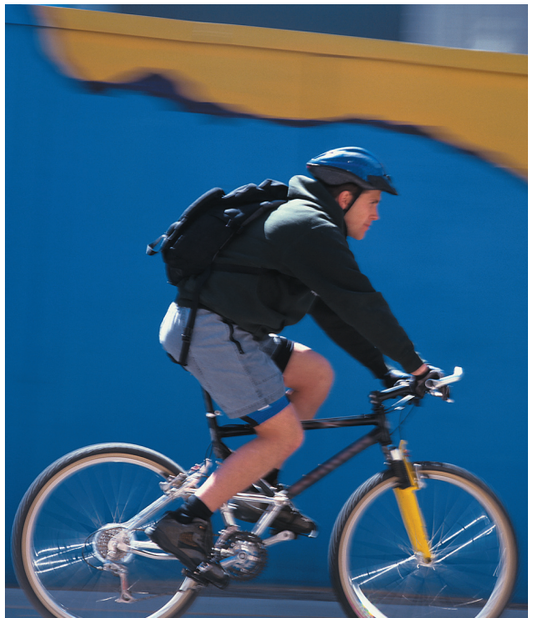
- Ride your bike or walk instead of driving. Vehicles create a significant portion of all air pollution nationwide.
- Telecommute or work from home, especially during ozone season. Talk with your employer to check your options.
- Take mass transit, share a ride or carpool. Doing so reduces pollution. The "Rideshare" program links people with carpools and tells you about Park & Ride lots and transit providers. To learn more, call 1-800-455-POOL.
- Check out vanpool options with your public transportation provider if your company is not directly served by existing bus lines. If you commute daily to Madison, explore the State Vanpool program by calling 1-800-884-VANS. Anyone can participate.

AT HOME

Conserving energy at home minimizes air pollution caused in energy production. Reducing your use of air-polluting products can also help repair the air.

Conserve energy:

- Turn off lights, electronic equipment and appliances when not in use.
- Replace incandescent bulbs with compact fluorescent bulbs.
- Run only full loads in the dishwasher. Air dry dishes.
- When hand washing dishes, do not run rinse water continuously.
- Wash only full loads of laundry, clean dryer lint trap after each load and use a clothesline to air dry clothes.



Conserve Energy continued...

- Have your furnace and central air conditioner inspected and serviced annually.
- Install a programmable thermostat to adjust your temperature automatically at night and when you are not home (or do so manually).
- Replace filters on furnaces and air conditioners regularly.
- Set your hot water heater at medium, or 120 degrees.
- Insulate your hot water heater and pipes to reduce heat loss.
- Caulk and weather-strip doors and windows.
- Insulate your home–first the attic, then the walls.
- When replacing old appliances, purchase energy efficient models. See www.energystar.gov or call the Energy Star hotline at 1-888-782-7937.

Reduce use of polluting materials:

- Use low-VOC or no-VOC paints. Water-based paints have fewer VOCs than oil-based paints. Make sure the lids are on tightly when not in use.
- Use low-VOC or nontoxic household cleaners. Use natural/ biodegradable cleaners like baking soda and vinegar.

In Yard, Garden and Shed:

- Use an electric or chimney barbecue starter (available at your local home supply store), instead of lighter fluid.
- Replace gas-powered mowers and leaf blowers with electric, rechargeable or manual equipment.
- Keep mower blades sharp and undersides clean.
- Fill and use gas-powered lawn and garden equipment in the evening hours.
- Use a spill-proof, low-emitting gas can.
- Mow and water less. Plant slow-growing grass seed mixtures and use more native plants. Try natural landscaping to minimize lawn mowing and fertilizers.
- Use organic or nontoxic pesticides and garden products.
- Don't burn leaves or trash. Compost or recycle instead.

AT WORK

- Consider a compressed work week. If you worked four 10-hour days, you would eliminate one round trip and traffic may be less congested.
- Turn off your computer, office machines and lights at night to save energy.

- Hold meetings by telephone or videoconference, especially on air action days.
- Bring your lunch to work. Save gas and avoid being on the road by packing yourself a bag lunch. If you buy your lunch, walk to the restaurant; it's good for you and the environment.

REPAIR THE AIR

Do what works for you to keep our air clean and healthy. Remember, it all adds up to cleaner air. Thanks for doing your share!

For more information, visit these websites:

www.cleanairwisconsin.org
www.italladdsup.gov

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AIR REPAIR

Easy Air Care Tips For Everyone

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