

Tips for reducing emissions that create unhealthy pollution levels:

- ✓ Refuel vehicles in the late afternoon and don't top off the tank.
- ✓ Postpone using gas-powered mowers and trimmers until late evening.
- ✓ Avoid idling your vehicle motor, for example at drive-thru windows.
- ✓ Postpone unnecessary car trips. For instance, bring your lunch to work or school or walk to the restaurant.
- ✓ Carpool, ride the bus, or ride your bike.
- ✓ Combine necessary errands into one trip.
- ✓ Park your car in the shade.
- ✓ Keep engines tuned and tires properly inflated.
- ✓ Choose water based and no/low VOC content rather than oil based paints.
- ✓ Limit your use of solvents such as paint thinner.
- ✓ Make sure gasoline, paint cans, and solvent containers are sealed tightly.
- ✓ Don't open burn.
- ✓ Conserve energy. Turn off lights and reduce the use of appliances that draw electricity to help reduce power plant emissions.

Lead by example!!!!

When pollution alerts are issued and as a matter of routine:

DO YOUR SHARE FOR CLEAN AIR

Take steps to reduce your contribution to pollution. Create a plan of action to reduce emissions everyday and during pollution alerts.



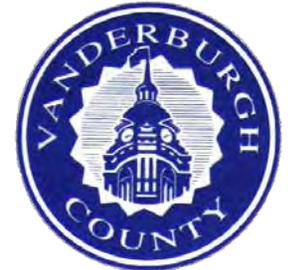
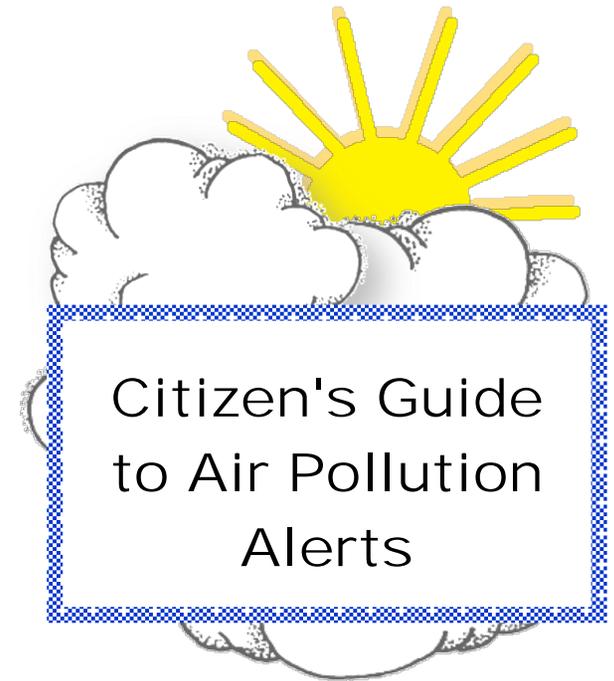
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For more information contact:
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www.vanderburghgov.org/health
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How clean is our air?

On most days, air quality in the Evansville area ranges from **good** to **moderate**. Occasionally, ozone and fine particulate matter may reach levels deemed to be unhealthy by the US EPA.

What is ozone?

Ozone is the gaseous molecule O₃, that forms by chemical reactions between the pollutants NO_x (nitrogen oxides) and VOC (volatile organic compounds) in the hot summer sun. Ozone is a very reactive molecule that when inhaled can deteriorate lung tissues.

What is particulate matter?

Fine particulate matter or PM_{2.5}, is made up of tiny (about 1/30 the diameter of the human hair) solids and liquids suspended in air. It is emitted directly into the atmosphere, or forms from chemical reactions between pollutants all year long. Because of its size, PM_{2.5} can penetrate deep into the lungs and the bloodstream.

Why should we care?

Both ozone and fine particulate matter can be **harmful to our health** and the environment. In addition, air pollution problems can hinder economic growth and development.

What are Pollution Alerts?

Air Quality Action Days - Ozone (or Particulate) Alerts are declared by the Evansville EPA in consultation with the Vanderburgh County Health Department and the Indiana State Department of Environmental Management when ozone (or PM_{2.5}) levels are forecast to reach the “unhealthy for sensitive groups” level on the AQI.



Alerts are issued chiefly to notify the public that pollution levels exist that may adversely affect health.

When the AQI reaches the orange or “**unhealthy for sensitive groups**” range, the USEPA recommends that active children and adults, and people with respiratory or heart disease should limit prolonged outdoor exertion.

Alerts are generally issued by 11 AM the day before high pollution levels are expected.

Pollution forecasts are available every day on the City/County website, *The Weather Channel* and at: www.AIRNow.gov

What should people do when pollution alerts are issued?

Protect your health.

- ✓ Schedule outdoor heavy physical labor in the morning hours or until after the alert is over.
- ✓ Frequently rotate workers in outdoor jobs and players in day camp sports and games.
- ✓ If you experience symptoms, such as shortness of breath, chest pains, or an asthma attack, don't ignore them. Seek medical advice.

Plan ahead.

- ✓ Re-fuel vehicles and equipment the evening before the alert day.
- ✓ Reschedule emission producing activities such as mowing and painting for a later time whenever possible.
- ✓ Plan indoor activities.

Be proactive.

- ✓ At work, post signs notifying employees and the public about the alert.
- ✓ Limit travel in cars.
- ✓ Avoid vehicle idling.
- ✓ Turn off lights and electrical appliances. Conserve energy.
- ✓ Carpool with friends and coworkers.
- ✓ Eat lunch in.