

Today's air quality forecast is

RED

Sensitive individuals should avoid prolonged or heavy outdoor exertion. All other individuals should reduce heavy or prolonged outdoor exertion. Do your part to reduce transportation-related emissions by taking the following steps:

- Carpool, vanpool or use transit for the work commute.
- Avoid vehicle idling.
- Reduce your driving by postponing or combining trips.
- Take advantage of flex-time and telecommuting options at your office.
- Brown bag lunch rather than driving to a local restaurant. Short car trips release more pollution into our air.
- Refrain from fueling your car in the heat of the day.
- Visit MoDOT's Gateway Guide website at www.gatewayguide.com for real-time traffic information to plan your route to avoid traffic tie-ups and construction zones.

**For more tips and air quality information, visit:
www.cleanair-stlouis.com**

This message is brought to you by the Clean Air Partnership, an initiative of the American Lung Association of the Upper Midwest.

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