

Today's air quality forecast is

RED

Everyone may begin to experience some adverse health effects, and members of sensitive groups may experience more serious effects. Take action to reduce transportation-related emissions.

- 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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