

Easy Tips to Help You Do your Share for Cleaner Air

Transportation choices we make every day affect our air quality and the health of our region. Whether it's using transit or carpooling for the work commute, choosing not to idle your vehicle, walking or biking more or combining errands into a single trip, simple steps we take can greatly impact the amount of ozone-forming emissions generated on any given day.

To do your share to help our region breathe easier, consider the following tips:

- Carpool or vanpool for the work or school commute.
- Use the bus or MetroLink whenever possible.
- Avoid vehicle idling.
- Walk or bike for short trips.
- 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.
- Combine errands into one trip rather than making multiple short trips that release more pollution into the air.
- Take advantage of flex-time and telecommuting options at your worksite.
- Brown bag lunch instead of driving to restaurants.

Additional steps you can take to help reduce emissions include:

- **Conserving energy.** Much of our electricity comes from burning coal, which contributes to air pollution, making energy conservation an important component of the clean air effort.

Easy ways to reduce energy use include:

- Adjusting the thermostat and turning off appliances and lights not in use.
- Using the energy-saving mode on office equipment.
- Replacing incandescent light bulbs with energy-efficient ones.
- Weatherizing your home by weather stripping, sealing ducts and upgrading insulation.
- **Reducing, Reusing and Recycling** to reduce emissions created through resource extraction, manufacturing and disposal. To do your share:
 - Recycle copy paper, newspapers, product packaging, drink containers, old electronic equipment and other items whenever possible.
 - Replace disposal bags, cups, flatware, bottles, plates, etc. with reusable ones.
 - Repurpose items rather than discarding them.

*This message is brought to you by the Clean Air Partnership,
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