



# Protecting Air Quality

## Do's and Don'ts

- Walk or ride a bike.
- Share a ride.
- Combine errands for fewer trips.
- Keep your car tuned up and well maintained.
- Avoid idling.
- Use electric or hand-powered lawn equipment.
- Run dishwashers and clothes washers only when full.
- Use energy-efficient light bulbs and appliances.
- Choose environmentally friendly cleaners.

Environmental protection begins in your own backyard

## What you can do to protect Arkansas' air

We all want to step outdoors and breathe fresh, clean air. Fortunately, Arkansas has plenty available. Most of Arkansas consistently meets all federal air quality standards for major air pollutants.

Households contribute to air pollution with automobiles, lawn mowers and other yard equipment, and activities like painting.

Managing activities that contribute to air pollution is especially important during hot summer days when pollutants react to produce ozone smog. High concentrations of ground-level ozone can be harmful to people, animals and crops.

Symptoms can include shortness of breath, coughing, headaches, nausea and eye and throat irritations. Children, the elderly and those who exercise outside are particularly vulnerable.

ADEQ and other organizations support **Ozone Action Days**, May 1 through September 30, to alert the public when levels are dangerous. Citizens are encouraged to reduce ozone-causing activities.

You can help by adjusting how and when you do certain outdoor activities:

- Wait until evening to use or refuel gas-powered lawn mowers, tillers and weed eaters to minimize ozone pollution.
- Consider using a push-mower to avoid contributing to ozone pollution.
- Avoid outdoor painting and using aerosol products, varnishes and degreasers on hot, humid summer days.
- Plant lots of trees and shrubs. Foliage helps absorb air pollutants.

## For more information about air quality

For more information about ozone and other air quality issues, call the Arkansas Department of Environmental Quality at (501) 682-0770.

**ADEQ Helpline (501) 682-0923**