

OUTDOOR AIR POLLUTION



Putting Environmental Health Data into Action

Read and click on the links below to learn about ways to engage in outdoor air pollution action.

TOP 3 RECOMMENDATIONS:

Individual: Take action to reduce everyday air pollution

Community: Educate your social networks on how to reduce vehicle emission pollution

Structural: Increase accessibility to public transportation

INDIVIDUAL: Learn, act, and protect yourself

- To learn:
 - [Six criteria air pollutants](#) set by the Environmental Protection Agency (EPA)
 - [Pollutant-specific health effects](#), especially the health effects of [ground-level ozone](#) and [particulate matter](#)
- To do:
 - Monitor EPA's [AirNow](#) to get air quality data where you live
 - Check out [local ozone and particulate matter forecasts](#)
 - Follow these tips to [reduce everyday air pollution](#)
 - Review [seasonal tips](#) to improve outdoor air quality

COMMUNITY: Support your social networks

- Educate neighbors, co-workers, & friends on how to [reduce vehicle emission](#) pollution
- Encourage neighbors and campers to consider [natural gas or propane fire pits](#) instead of wood to reduce the release of pollutants that trigger asthma attacks

STRUCTURAL: Advocate for organizational & policy level change

- Advocate for clean energy production from wind and solar sources
- Encourage community development that supports active transportation, such as walking and biking, to lower emissions from cars
- [Increase accessibility to public transportation](#)
- Encourage [electric vehicle](#) use and infrastructure development
- Construct [roadside vegetation barriers](#) to reduce traffic-related air pollution
- Promote [EPA's SmartWay program](#) to reduce transportation emissions
- Educate community planners on the community impacts of outdoor air pollution
- Work with your local municipality's regional planning team to organize tree planting events in urban environments to improve local outdoor air quality