



## 10 Things Students Can Do to Help Clean the Air

- 1** Walk, bike, carpool or take public transportation when possible.
- 2** Reduce, reuse and recycle!
- 3** Stay informed and get involved. For news, air quality alerts, event updates and more, visit [www.aqmd.gov](http://www.aqmd.gov) or download the South Coast AQMD smartphone app, available in English and Spanish for Apple and Android devices.
- 4** Report smoking vehicles and suspected air pollution violations by calling 1-800-CUT-SMOG.
- 5** Plant a tree! Plants can help improve air quality in your neighborhood and provide shade during the hot summer months.
- 6** Saving energy helps reduce air pollution. Turn off the lights when you leave a room, replace incandescent lights with fluorescent lightbulbs and unplug appliances when not in use.
- 7** Eat and shop locally, and choose products that use recycled materials when possible.
- 8** Consider a career in a science, environmental or public policy field. You can make a difference!
- 9** Choose environmentally friendly products that are not made with smog-forming chemicals, like low- or zero-VOC paints and cleaning supplies. Avoid aerosol sprays.
- 10** Avoid wood fire burning, especially during the winter months. Burning wood produces emissions that can be harmful to your health.

