

Pinal County Travel Reduction

Clean Air Blue Skies



OZONE Season

April 1st—October
31st

Understanding Ozone!

When emissions
from automobiles, indus-

trial machinery, lawn and garden equipment, paints and solvents are “baked” in intense sunlight ground-level ozone is formed.

While air pollution is unhealthy for everyone, some people are at an increased risk because of their age or existing health conditions. Sensitive groups include children, people with asthma, adults over 65 and persons with chronic respiratory disease.

When Ozone High Pollution days are issued, Pinal County Air Quality will ask individuals and businesses to make changes to their daily routine that can impact ozone levels. Actions that can reduce ozone-forming emissions on High Pollution days include:

- Carpooling, walk/bike, using public transportation where available
- Reducing energy use
- Postponing errands, mowing, painting and solvent use until the sun goes down
- Fueling up after the sun goes down instead of earlier in the day

Without the sun to “bake” the emissions, ozone cannot form!

Now you can provide current air quality information: right on your own web page! The free widgets from the Environmental Protection Agency allows your organization to post today's air quality forecast directly on your home page. Add a simple line of code to your web page and the widgets will display the correct data for your zip code.

The widgets will allow your organization to provide real-time air quality data to the people you want to reach. Children and the elderly are particularly susceptible to air pollution, which can harm their lungs and hearts. The Air Quality Index helps people track when the air pollution levels are in an unhealthy range so they can modify their activities as necessary to protect their health.

To use this widget, simply copy and paste the following code into your Web page.

```
<iframe height="185" src="http://epa.gov/cgi-bin/widget.cgi?
ZIPCODE" width="293"></iframe>
```

Change the word ZIPCODE to the zip code of the location you want to look at.

This widget is a little graphic of information that you can install on your city, company or school's homepage.

The Air Quality widget has a picture of the flag you should fly. The widget updates automatically, so you'll always know which color flag to fly.

With the Air Quality Flag Program widget you can:

- Customize the widget so it has your city, company or school's name at the top
- Click on **Tomorrow's Forecast** to see which flag to fly tomorrow
- Click on **Current Air Quality** to see the latest hourly air quality reading



[Create My Widget](#)

Air Quality Awareness Week

May 2nd—May 6, 2016

Air Quality Awareness Week takes place from May 2—May 6th, 2016. This year, learn more about how air quality affects your health. And, find out what you can do to protect air quality where you live.

- Air quality is important at every age. Are you at risk for health problems from ozone (sometimes called smog) and particle pollution? Children, people with asthma or another lung disease, healthy adults who are active outdoors, people with cardiovascular disease and people middle-aged and older may be at increased risk. Learn more about the health risks you may face.
- Air pollution isn't just a big city problem. Poor air quality can be a problem in suburban and rural areas, too. Learn more about how ozone and particle pollution form.
- The Air Quality Index (AQI) helps you plan outdoor activities. Visit AirNow.gov or listen to the local weather forecast to check the AQI in your area and plan accordingly. If the ozone air quality forecast is code orange tomorrow and you plan to exercise outside, reduce the health risks by running in the early morning, when ozone levels are likely to be lower. Learn more about checking the AQI and planning outdoor activity.



Air Quality Index for Ozone

Index Values (Conc. Range)	Air Quality Descriptors	Cautionary Statements for Ozone
0 – 50 (0-60 ppb)	Good	No health impacts are expected when air quality is in this range.
51 – 100 (61-75 ppb)	Moderate	Unusually sensitive people should consider limiting prolonged outdoor exertion
101 – 150 (76-104 ppb)	Unhealthy for Sensitive Groups	Active children and adults, and people with respiratory disease, such as asthma, should limit prolonged outdoor exertion
151 – 200 (105-115 ppb)	Unhealthy	Active children and adults, and people with respiratory disease, such as asthma, should avoid prolonged outdoor exertion; everyone else, especially children should limit prolonged outdoor exertion.
201 – 300 (116-374 ppb)	Very Unhealthy	Active children and adults, and people with respiratory disease, such as asthma, should avoid all outdoor exertion; everyone else, especially children, should limit outdoor exertion.

- Schools can help protect kids from poor air quality. The [School Flag Program](#) alerts parents, teachers and coaches to the AQI forecast, allowing them to adjust outdoor activities or move them inside on days when the air might not be healthy. Children and teenagers are at increased risk from air pollution: their lungs are still developing and they are more likely to have asthma. They are also more likely to be active outdoors, and they breathe in more air per pound of body weight than adults do.
- You can help protect air quality where you live. Saving energy at home, tuning up your car, taking public transit and filling your gas tank in the evening are easy ways get started. Learn more about [reducing your contribution to air pollution](#).

Mexico City authorities order cars off the road one day per week to combat dangerous smog

Mexico City officials ordered all cars off the road one day per week, following a smog alert and dangerous air quality during the middle of March.

The Environmental Commission of the Megalopolis of Mexico City (CAME) announced the new measures to modify their program and launched a new initiative called "One day without car" to limit the volume of vehicles on the roads.

The objective of this program is to protect the health of the population during the dry and hot season and prevent high concentrations of ozone in the atmosphere.

From April 5 until June 30, all vehicles will participate in the program "One day without car." Previously, a hologram permit would allow exemptions from travel restrictions. Likewise, authorities have decided to eliminate the previous plan which only required restrictions to go into effect when the air quality index was over 200, which is considered a "purple alert" or very unhealthy. Phase 1 will be enabled when the air quality index reaches 150, which is considered a "red alert" or unhealthy. Phase 2 will begin when levels reach 200.

Pigeon patrol tracks air pollution in London

Meet the most unlikely agents in the fight against air pollution -- pigeons. A small flock of racing pigeons were strapped with pollution-sensing backpacks and sent out into the skies of London for three days to monitor the city's air pollution levels.

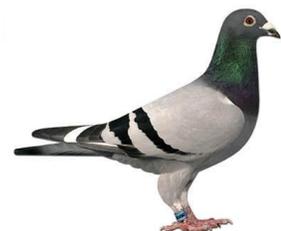
The backpacks are designed to monitor levels of nitrogen dioxide and ozone gases produced by diesel cars, trucks, and buses that spew out exhaust all over the city.

Looking something like a team of avian ghostbusters with their high-tech backpacks, the birds' findings can be tracked on a map of the city on the Pigeon Air website.

While Beijing often makes headlines for its air pollution levels, there are days when "pollution was higher and more toxic in London."

So far, the readings have shown areas of the city fluctuating between moderate and high pollution levels.

The next phase in the project will recruit 100 human volunteers for a beta test of people-friendly wearable pollution monitors



Hot Tips for Saving Trips



Driving is the largest single source of air pollution in communities. Air pollution causes negative health effects including damaging lungs, trouble breathing, headaches, heart attacks, blood clots, and more.

Driving Less:

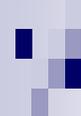
- Reduces air pollution

- Protects public health

- Can save you hundreds or even thousands of dollars a year

Think work commute, and personal travel too! What alternate modes can you use for your work commute? If a store or restaurant is nearby, can you safely walk or bike there? If you are going somewhere with friends, can you carpool? Are any bus routes convenient for errands?

For your work commutes and personal travel, every little bit of driving less helps! It helps you. It helps our community. It helps the air.



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