

CLEAN AIR BLUE SKIES

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How can we make our communities stronger and healthier?

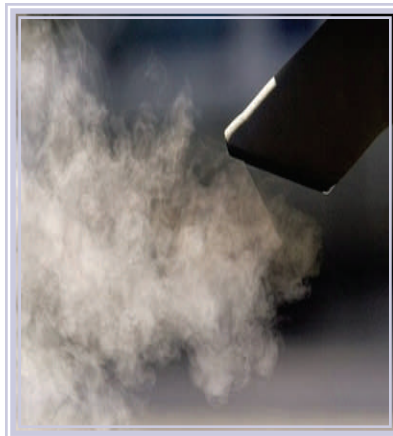
Bicycling.....

- Promotes healthier lifestyles
- Creates jobs & supports independent businesses
- Lowers healthcare costs
- Strengthens family bonds
- Provides a recreational outlet for youth
- Builds closer - knit communities
- Reduces polluting emissions
- Decreases road congestion



You Can Help Clean Our Air

Air pollution is a problem for all of us. The average adult breathes about 3,400 gallons of air a day. Children are at greater risk because they are more active outdoors and their lungs are still developing. The elderly are also more sensitive to air pollution because they often have heart or lung disease.



Although much of the pollution in our air comes from power plants, industrial sources and motor vehicles, the choices you, as an individual, make every day can increase or decrease air pollution and can protect or threaten your health. You have the power to change your home, transportation, and consumer habits to help reduce air pollution.

How does dust (PM10) affect our health?

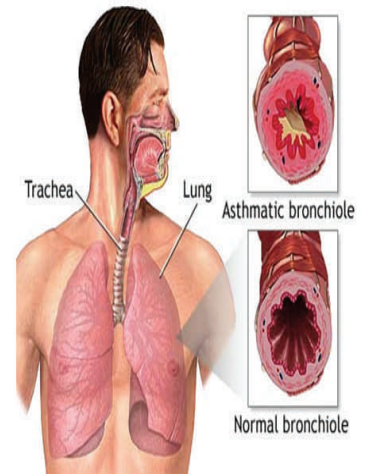


PM10 is among the most harmful of all air pollutants. When inhaled these particles evade the respiratory system's natural defenses and lodge deep in the lungs.

Health problems begin as the body reacts to these foreign particles. PM10 can increase the number and severity of asthma attacks, cause or aggravate bronchitis and other lung diseases, and reduce the body's ability to fight

infections.

Although particulate matter can cause health problems for everyone, certain people are especially vulnerable to PM10's adverse health effects. These "sensitive populations" include children, the elderly, exercising adults, and those suffering from asthma or bronchitis.



What is being done to reduce PM10 pollution?



The EPA has set air quality standards for PM10. Based on health research, these identify acceptable levels of PM10.

Air Quality agencies throughout Arizona continue to work on bringing PM10 concentrations down to healthful levels. There are a variety of programs to reduce emissions,

including:

1. Dust control for roads, construction, and landfills
2. Landscaping, barrier, and fencing to reduce wind-blown dust.
3. Programs to reduce emission from wood stoves and fireplaces.
4. Cleaner - burning gasoline and diesel fuels.
5. Emission control devices for motor vehicles.
6. Controls for industrial facilities.

What can you do?



Here are a few things individuals, businesses, and other organizations can do to reduce the PM10 levels:

1. Reduce travel on days with poor air quality
2. Do not use all terrain vehicles on days with poor air quality.
3. Avoid using your wood

stove and fireplace on days that have poor air quality

4. Avoid using leaf blowers and other dust - producing equipment
5. Drive slowly on unpaved roads and other dirt surfaces.
6. Get involved with air

quality improvement programs in your community

7. If you own or operate an industrial source of PM10, comply with local rules that apply to your operation. Work with local agencies to develop strategies that will further reduce PM10 emissions.

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Transportation benefits to walking

Many of the trips that Americans make everyday are short enough to be accomplished on a bicycle, on foot or via wheelchair. Approximately 40% of all trips are less than 2 miles in length - which represents a 10 minute bike ride or a 30 minute walk.

Bicycling and walking can help to reduce roadway congestion. Many streets and highways carry more traffic than they were designed to handle, resulting in wasted time and energy, pollution, driver frustration, and gridlock. Bicycling and walking require less space per traveler

than automobiles.

60% of the pollution created by automobile emissions happen in the first few minutes of operation, before pollution control devices can work effectively. Since "cold starts" create high levels of emissions, shorter car trips are more polluting on a per-mile basis than longer trips.

