Pinal County Travel Reduction Program Newsletter

May 3–7, 2021 is National Air Quality Awareness Week!

"Healthy Air Is Important for Everyone!"

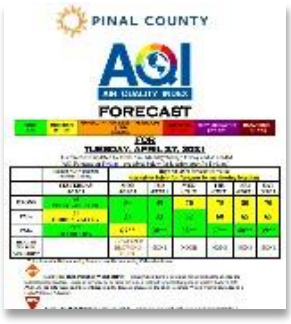
Daily topics that will be covered by AirNow:

- Monday: Wildfires & Smoke
- Tuesday: Asthma & Your Health
- Wednesday: Citizen Science & Sensors
- Thursday: Environmental Justice Communities & Air Quality
- Friday: Air Quality around the World

AirNow is the United States' one-stop source for current Air Quality information using the Air Quality Index (AQI). Multiple agencies including the US EPA, NOAA, NASA, US National Park Service and county/state air agencies partner to create live, searchable air quality data via mapping tools as well providing extensive information on different air quality topics such as ozone pollution, health, wildfires, and educational tools and resources.

Visit www.AirNow.gov to find out more during Air Quality Awareness Week.
Social Media Challenge: Tag **@airnow** in your social media posts of you enjoying clean air while recreating outside and include this year's hashtag ***#AQAW2021***

What Can You Do? Take the time to inform yourself—air quality affects your health, your environment, and your quality of life. Protect yourself—Limit your exposure to outdoor air on High Pollution Advisory Days and during dust storms; Buy an indoor air filter and change your HVAC filters often. Inform others—talk to your family about air quality issues. Teach your children about air quality. Change Your Habits—try carpooling to work, fill up your gas tank in the evenings when it's cool, choose green products with less chemicals like low-VOC paint. Take precautions for your health, especially if you or a family member have a condition like asthma.

Try This! How to Make a Low-Cost DIY Indoor Air Purifier (courtesy of *Ask This Old House*©)
https://www.youtube.com/watch?v=aw7fUMhNov8

Check the Local Air Quality Forecasts: Pinal County Air Quality Forecast; ADEQ Phoenix Metro Forecast; AirNow Fire & Smoke Map.