

Everyone needs to breathe. But what is in the air you breathe? What if your air is full of pollution from cars and fireplaces, or other bad stuff? Breathing dirty air can be dangerous for our health and the health of our families. We all must do our part to keep our air clean and help everyone stay healthy.

Below is a short clean air quiz to test your knowledge. Let's see how you do!

- 1 About how many breaths does a person take per day?
 - a. 5,000
 - b. 10,000
 - c. 25,000
- 2 There are millions of tiny air sacs in your lungs. If you could lay all of these little air sacs in your lungs flat, they would take up the size of a:
 - a. Tennis court
 - b. Ping pong table
 - c. Monopoly game board
- 3 True or False: Asthma is a disease that makes it hard for some people to breathe.
- 4 Which of the following things can make asthma worse?
 - a. Cigarette smoke
 - b. Car and truck exhaust
 - c. Wood smoke
 - d. Power plant pollution
 - e. All of the above
- 5 True or False: Climate change is harmful to health.



- Answers:**
1. c. Yes, 25,000 is a lot of breaths! This means the more polluted the air is, the more we breathe harmful toxins into our lungs.
 2. There are 600 million tiny air sacs in your lungs that take in oxygen and deliver it to the bloodstream. Laying them all out would fill a tennis court.
 3. True - Asthma causes the airways to the lungs to close up.
 4. e. All of the above.
 5. True - Climate change is linked to hotter temperatures, which can cause heat exhaustion and heat stroke. It causes more wildfires and dangerous wildfires, and makes smog pollution more likely to form.

Things Your Family Can Do For Cleaner Air



Here are 7 basic steps you and your family can take to reduce pollution and contribute to cleaner, healthier air:

Ride a bike!

Biking—even just once a week—is not only great exercise, it’s a great way to decrease air pollution and fight climate change! Research your city’s bike routes and commit to replacing your car with your bike 1-2 times a week.

Cut down on driving

Every day, Americans drive about 11 billion miles! We know that we need to drive less to support clean air. Once it’s safe to do so, try out the bus, train, or light rail if you have them in your area. Using transit, walking and biking are all great ways to clean the air and get healthier.

If buying a car, consider electric or hybrid-electric options

In the United States, transportation is the leading source of greenhouse gases, which fuels climate change. Choosing a cleaner car has never been easier. State and federal tax credits and rebates exist to encourage cleaner car purchases. Visit [NCSL.org/EVs](https://www.ncsl.org/EVs) to find out how much money you can save! Learn more about electric vehicles at [Lung.org/electric-vehicles](https://www.lung.org/electric-vehicles).

Reduce the amount of time you idle your car

Idling produces harmful air pollution, especially for people around you. Don’t idle! You will save fuel and prevent pollution.

Don’t burn wood

Just like tobacco smoke, wood smoke is harmful to your health. Smoke from wood burning is a major source of particle pollution during the winter. Choose cleaner heating alternatives such as an electric heater or heat pump.

Use lung-friendly products

Cut the lawn with a push or electric mower. Use a rake or a broom rather than a leaf-blower. Choose non-aerosol products when possible (e.g., hairspray, deodorant).

Promote clean air

Write to elected officials to let them know that clean air matters. Donate to or volunteer at the American Lung Association to start making a difference today!