

EASY STEPS FOR CLEANER AIR



1

WALK, BIKE, CARPOOL, OR TAKE PUBLIC TRANSIT WHEN POSSIBLE

Vehicle emissions are a major source of air pollution.



2

DON'T IDLE YOUR CAR

Turn off your car's engine while waiting for someone. Park and walk inside restaurants instead of waiting in drive-thru lines.



3

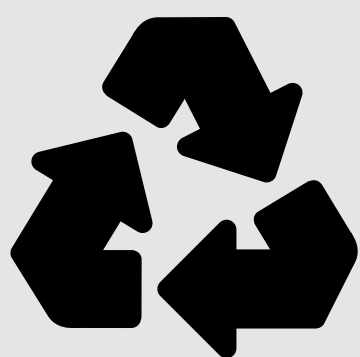
MAKE SURE YOUR LOCAL SCHOOLS REQUIRE CLEAN BUSES

which includes replacing or retrofitting old buses with filters to reduce emissions. Make sure your local schools don't idle their buses, a step that can immediately reduce emission and protect children's health.



4

SAY "NO" TO BACKYARD BURNING.



5

REDUCE, REUSE, & RECYCLE!



6

USE LESS ELECTRICITY

Turn off the lights, TV, and computer when not in use and use energy-efficient appliances. No only does this reduce pollution, but also it saves you money.



7

GARDEN WITHOUT PESTICIDES

SPEAK UP FOR HEALTHY AIR PROTECTIONS

1. SHARE YOUR STORY

Do you or any member of your family have a personal reason to fight for healthier, cleaner air? Your story helps us remind decision makers what is at stake when it comes to clean air. Go to www.FightingForAir.org to let us know how healthy air affects you.



2. SEND A MESSAGE TO ELECTED OFFICIALS: PROTECT CLEAN AIR!

The American Lung Association's Healthy Air Campaign in Tennessee is working to build and demonstrate support in Tennessee for federal policies that promote clean outdoor air, which ultimately benefits health. The Lung Association will periodically email requests to sign petitions and contact elected officials. To get these alerts, sign up at www.lung.org/action!



**Thank you for being part of the
fight for healthy air!**

**To learn more about air pollution and how it
affects our health, go to www.lung.org/healthyair.**