

# EASY STEPS TO KEEP OUR AIR CLEAN

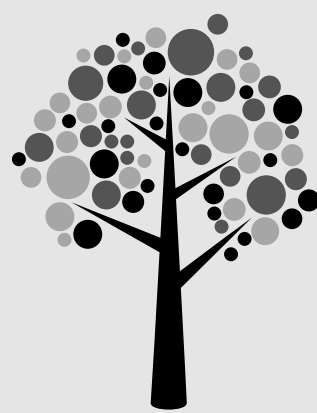
**1** WALK OR RIDE  
YOUR BIKE!



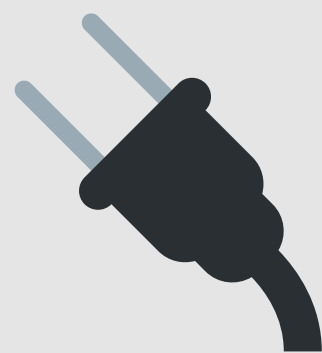
**2** RIDE THE BUS  
OR CARPOOL TO  
SCHOOL!



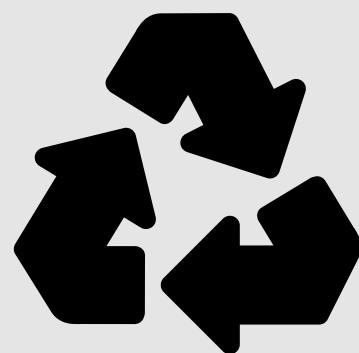
**3** PLANT TREES



**4** TURN OFF THE  
LIGHTS, COMPUTERS  
AND TVS WHEN YOU  
LEAVE A ROOM OR  
THE HOUSE



**5** REDUCE, REUSE, &  
RECYCLE!



**6** LEARN MORE ABOUT  
OUR AIR AND TELL  
YOUR FAMILY &  
FRIENDS!



**DIRTY AIR IS HARD ON KIDS.  
IT'S HARDER ON KIDS  
THAN ON MANY ADULTS.**

## **WHY?**

**1**

**KIDS BREATHE MORE OFTEN  
THAN ADULTS, SINCE YOUR  
LUNGS ARE STILL  
DEVELOPING**

**2**

**KIDS PLAY OUTSIDE MORE  
DURING THE HOTTEST,  
SMOGGIEST PARTS OF THE  
DAY.**

**3**

**AIR POLLUTION IS LINKED TO  
EARLY CHILDHOOD ASTHMA  
AND CAN MAKE SYMPTOMS  
WORSE IN KIDS WHO ALREADY  
HAVE LUNG PROBLEMS.**

**4**

**AIR POLLUTION CAN ALSO  
AFFECT THE GROWTH OF  
YOUR LUNGS!**

**We need to keep  
our air clean!**

**To learn more about air pollution and how it  
affects our health, go to [www.lung.org/healthyair](http://www.lung.org/healthyair).**