

Tips for Reducing Air Pollution

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This summer's going to be a hot one. Here, AFM gives you some friendly tips on how to reduce ground level ozone pollution in Phoenix, courtesy of the Maricopa County Air Quality Department.

Ground level ozone pollution is a direct threat to your lungs and can trigger asthma, allergic reactions, and more. Everyone can be affected, even adults who work out on a regular basis. Young children are often at risk, not only because they play outside, but their lungs are still developing.

Ozone pollution is more prevalent during the summertime because pollutant VOC's, solvents, and fuels react more in higher temperatures and in the sunlight. So, during our heat wave season, ground level ozone pollution forms when the emissions from cars, trucks, and industrial plants react to the scorching temperatures.

Here are some certified Maricopa County Air Quality Department tips to prevent air pollution in our beloved county, including metropolitan Phoenix:

1. Drive less. Carpooling with others can drastically reduce the air pollution caused by cars. Using public transportation, even just occasionally, helps as well.
2. Avoid waiting in long drive-thru lines, even if it's just to grab a bite to eat or a cup of coffee. It saves a lot of energy when you choose to park your car and go inside, and reduces emissions.
3. Try to refuel your car after the sun has gone down, or during the cooler evening hours. This will save you the stress of being in the heat, too!
4. Use low-VOC or water-based paints, stains, or furniture finishes in your home. Delay big painting projects until high-pollution advisories have passed.
5. Conserve electricity. This will minimize the energy that power plants have to supply and thus reduce their emissions into the air.

The Maricopa County Air Quality Department offers air quality information and resources on its Clean Air Make More website. Visit CleanAirMakeMore.com to learn more and download the Clean Air mobile app to get real-time air quality information and forecasts.