

Keep vehicle at home to help reduce smog levels this summer

While the arrival of summer means sunny days and warm temperatures, it also means the return of hazy smog.

For anyone working or playing outdoors, the increasing level of air pollution can represent a real health hazard.

The Lung Association, Metropolitan Toronto and York Region has taken a leadership role in calling on the government to act swiftly and effectively to battle this problem.

Canadian studies clearly indicate that air pollution and air-borne particulates can cause death among susceptible individuals," said Ian Morton, director of The CAN DO Movement for Clean Air Now.

The Movement for Clean Air Now, the official environment and health program for The Lung Association.

And the problem has only been getting worse in recent years. The studies also show that this pollution is contributing to school absenteeism, increasing coincidence of respiratory illnesses, reduced activity for those affected and reduced lung function.

What Can You Do?
Protect Yourself: Even healthy people can be adversely affected when air pollution levels are high.
 ✓ Avoid heavy outdoor exercise during peak pollution periods (often afternoons and evenings).
 ✓ Don't exercise in air traffic areas. Exercise results in increased ventilation rates raising the dose of pollutants delivered to the respiratory tract.
 ✓ Monitor the local air quality by

calling the Air Quality Index at 416-235-5781.
 ✓ If taking medication for respiratory illness, follow your physician's directions. If breathing becomes difficult, see your physician.

Leave Your Car at Home: vehicle exhaust is one of the greatest sources of air pollution. If you can, take public transit, bicycle or walk instead of driving.
 ✓ Car pool with family, friends and neighbors to reduce the number of vehicles on the roads.

✓ Do all your errands at once rather than making separate trips.
 ✓ Keep your car well-tuned and have the emission control system checked regularly.

A dirty carburetor, clogged air filters and worn points waste gas and increase air pollution. A well-tuned car can reduce emissions by 10 per cent.

✓ Keep the tires inflated to proper pressure to improve fuel efficiency.
 ✓ Don't let your car idle for extended periods of time. You'll use less fuel if you turn off and restart your engine.

✓ Drive at moderate speeds. Most cars use about 10 per cent less fuel when driven at 90 km/hr than at 100 km/hr.
 ✓ Clean out your trunk. Excessive weight in the trunk burns more fuel and creates more pollution.

Reduce Electricity Consumption: Turn off lights, radios, TVs and other appliances when not in use.
 ✓ Run your dishwasher and

washing machine only when they are full.

✓ Don't leave your air conditioner running while you're out.
 ✓ Hang clothes outside to dry.
 ✓ Avoid using appliances especially the dishwasher during the peak period of 5 pm to 7 pm.
 ✓ Keep your home furnace and/or air conditioning system clean and properly adjusted.

Reduce Garbage and Trash Burning: Compost leaves and organic waste.

✓ Buy products in returnable or recyclable containers.
 ✓ Avoid creating plastic trash - burning plastic emits toxic chemicals.
 ✓ Reduce, Reuse, Recycle.

Use Your Head at Home: Make

sure your home and water heater are properly insulated to avoid wasting heating or cooling air.

✓ Electric lawnmowers are a cleaner alternative.

Studies have shown air pollution is the cause of school absenteeism, increased respiratory illness and reduced lung function

Ian Morton, director of The Movement for Clean Air Now

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