



Breathe it in.

# Clean Air NY

## Travel Choice Guide

*Your guide to daily transportation choices that will help you live well and breathe easier.*



Better air quality. Better health. Better quality of life.

**Breathe it in, New York.**



## Give New York A Breath of Fresh Air

Clean Air NY is a network of individuals, businesses and community organizations dedicated to improving air quality in the New York metro area.

Created for New Yorkers by New Yorkers, Clean Air NY wants to help *you* live better and breathe easier by working together to improve our air.



We believe that *you* can make a difference in New York's air quality through simple, everyday changes in your daily travel routine. This *Travel Choice Guide* shows you how to get started. Once you've had a look and realized some of the easy steps you can take to help improve our air, we hope you'll join us.

Participating in Clean Air NY is free and easy. Visit us at **CleanAirNY.org** or call **1-877-ILUVAIR** (1-877-458-8247) and let us help you live well and breathe easier.

Find out how you can breathe easier at

**CleanAirNY.org** or call **1-877-ILUVAIR** (1-877-458-8247)

Carpooling or using transit to commute to work-just **One day a week** for a year-can help improve air quality and **save** you about 1,000 miles on your vehicle and on average **\$500** in total driving costs.

—*Based on data from the National Household Travel Survey New York Data Supplement and the United States General Services Administration*



# Small Changes Make a Big Difference

Driving is one of the single greatest causes of air pollution in the United States. And as anyone who's ever sat in traffic on a New York expressway, a Manhattan avenue or a major bridge knows, New Yorkers drive—a lot.

At Clean Air NY, we know how important cars can be. They give us freedom, flexibility and convenience. But we also know how important a clean, healthy environment is. Healthy air makes us less prone to air-quality-related illnesses like asthma. Improving our air allows us to enjoy the outdoors, keeps our health costs down and is good for the environment.

Fortunately, you don't have to give up driving to help New York's air quality. Making small changes in how and when you use your car can have a huge impact on your quality of life and the air we breathe.

## Small Changes, Everyday Choices

Try some of these simple driving-related changes every day, once a week or as often as you can and especially on Air Quality Action Days. Together, our actions add up to cleaner air!

***Combine Trips.*** Anytime you're driving your car is a good time to help air quality. It's as simple as combining your errands into one trip. This small step saves you money on gas and reduces emissions from your car— and that's good for you and the air.

***Bike, Walk or Use Public Transit.*** Skip the traffic jams, save money on gas and enjoy some exercise or a chance to read the paper by leaving your car at home occasionally.

***Share a Ride.*** Hop into a carpool or vanpool and leave the driving – and the frustration of slow traffic – to someone else! To find a carpool or vanpool in your area, visit **CleanAirNY.org** or **NYCommuter.org**.

***Maintain Your Car.*** Keeping your car tuned up and your tires properly inflated produces less pollution and saves you money on gas.

***Avoid Topping Off Your Tank.*** When refueling your car, there's no need to top it off. Stop pumping at the 'click' to reduce emissions that contribute to air pollution.

***Cut Back on Idling.*** Try to avoid running your car when it's parked or stopped. You'll save gas and reduce air pollution.



Sign up to receive Air Quality Action Day Bulletins at

**CleanAirNY.org** or call **1-877-ILUVAIR** (1-877-458-8247)

Forty-two percent of New Yorkers say **air pollution** negatively affects the **health** of someone in their household.

—*New York State Department of Transportation  
Clean Air NY Baseline Survey, 2006*



# The Time is Now

You can help improve New York's air quality every day through small changes in your driving habits. Every day, every week, your actions make a difference. But on some days, known as **Air Quality Action Days**, your choices are more important than ever.

An Air Quality Action Day is a day when air quality is predicted to be in the unhealthy range for sensitive groups. It's a day when every single person's choices make a difference in our air quality and in the health of New Yorkers.

## On Air Quality Action Days

**Stay Indoors.** Poor air quality can cause health problems for people with heart and lung problems, the elderly and children who are sensitive to air pollution. If you can, put off your outdoor activities until another day.

**Limit Driving.** By limiting our car trips on Air Quality Action Days, we can keep air pollution levels down. If you can, work from home, take the train or bus or carpool. If you have to drive, combine your trips, bring your lunch to work so you don't have to go out or avoid idling your car.

**Refuel After Dark.** Pollutants that escape when we're fueling our cars can react with sunlight (UV radiation) to create ground-level ozone, a major cause of poor air quality. Try stopping for gas after sundown.

**Put Off Your Mowing.** Emissions from gas-powered lawn mowers contribute to poor air quality. Let the grass grow one more day or switch to an electric or push mower.

## Get Up-to-the-Minute Notifications of Air Quality Action Days

By joining Clean Air NY at **CleanAirNY.org** or **1-877-ILUVAIR** (1-877-458-8247), you can have the latest Action Day Bulletins delivered right to your email or fax machine. We'll let you know about an upcoming Air Quality Action Day as soon as one is forecasted—usually the afternoon before—and remind you of steps you can take to keep air pollution levels low.



Get more tips for improving our air quality at

**CleanAirNY.org** or call **1-877-ILUVAIR** (1-877-458-8247)

If just **one in ten commuters** in the New York metro area carpooled, worked from home or used public transit just **once a week**, emissions of ozone precursors would be reduced by about **5,100 tons each week** – that's the equivalent of **720 elephants\***.

*—Based on data from the United States Environmental Protection Agency and the New York Metropolitan Transportation Council*

\*Calculation based on the estimated weight of African Male Elephants from the Smithsonian National Zoo, See <http://nationalzoo.si.edu/Animals/AfricanSavanna/fact-afelephant.cfm> for more information.



## Find a New Way Around Town

Clean Air NY makes it easy for you to make changes in your driving habits. By joining us at **CleanAirNY.org** or **1-877-ILUVAIR** (1-877-458-8247), you'll get free information to help you make everyday choices that improve our air.

Clean Air NY works closely with local transportation management organizations that can help you find new ways to get to work. Whether you're hoping to get an occasional ride to work, find a van or carpool service, or locate the nearest bus or train route, our partners can help. With their free, personalized ridematching and transit advice, you'll be on your way to your destination in no time.

Visit **NYCommute.org** to get started, or contact the transportation organization in your local area:

In the five boroughs of New York City:

**CommuterLink**

[commuterlink.com](http://commuterlink.com)

1-866-NYCOMMUTE (1-866-692-6668)

In Westchester, Rockland, Orange, Putnam, Dutchess, and Ulster counties:

**MetroPool**

[metropool.com](http://metropool.com)

1-800-346-3743

On Long Island:

**Long Island Transportation Management**

[4commute.com](http://4commute.com)

1-877-4COMMUTE (1-877-426-6688)

Check the latest traffic before you leave the house or work and avoid getting stuck in a jam. For the latest traffic reports in the New York metro area, visit **Trips123.com**.





Breathe it in, New York.

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Zip Code \_\_\_\_\_

Email Address \_\_\_\_\_

Fax Number \_\_\_\_\_

Participants in Clean Air NY will automatically be enrolled to receive Air Quality Action Day Bulletins. Please mark which additional types of information you would like to receive from us.

- Clean Air Connections:** Our quarterly eNewsletter.
- The Latest Breeze:** Periodic emails or faxes with tips and information about air quality.

*Clean Air NY is sponsored by the New York State Department of Transportation in support of nationwide air-quality efforts.*

## Join Us

We can make a difference in New York's air quality, but we can't do it alone. Make a commitment to do something every day, once a week or whenever you can and especially on Air Quality Action Days to change your driving habits for cleaner air.

Join Clean Air NY and become one of thousands of New Yorkers standing up for better air quality. You'll get tips for improving the air, notices of Air Quality Action Days and the knowledge that you are making a difference. What's more, you'll get cleaner, healthier air for you, your family, your neighbors, and your fellow New Yorkers.

Better air quality.  
Better health.  
Better quality of life.

**Clean Air NY, Breathe it in.**

Place  
STAMP  
Here

**Clean Air NY**  
342 Broadway  
Suite 404  
New York, NY 10013



Learn more about improving air quality at

**CleanAirNY.org** or call **1-877-ILUVAIR** (1-877-458-8247)



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info@CleanAirNY.org  
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in support of statewide air-quality efforts.



10% total recovered fiber/all  
post-consumer fiber