

Smart Choices, Cleaner Air



The choices that you make every day can help improve our air quality and the well-being of every New Yorker. Here are a few simple ways to make a big difference:

- **Combine errands** into one trip, even on the weekends.
- **Bike, walk or use public transit.** Leaving your car home saves money on gas and wear-and-tear on your vehicle.
- **Share a ride** by carpooling or vanpooling. Visit nycommute.org for more information.
- **Maintain your car** and you'll produce less pollution, save money on gas and cause less traffic congestion due to breakdowns.
- **Avoid topping off the tank** when filling your car with gas.
- **Cut back on idling.** By going into a restaurant or the bank rather than sitting in the drive-through, you'll cut back on pollution and save on gas.
- **Spread the word** about Clean Air NY. Visit CleanAirNY.org.

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Better Air Quality, Better Health



Here are just a few of the ways that poor air quality can affect the health of New Yorkers, especially children, the elderly and people with respiratory diseases.

- **Asthma.** When ozone or particulate matter levels are high, studies suggest that more asthma attacks occur that require a doctor's attention or additional medication.
- **Lung Damage.** When children's developing lungs are repeatedly exposed to ozone, it may lead to reduced lung function in adulthood. In adults, exposure to air pollutants may accelerate the decline in lung function that occurs as part of the natural aging process.
- **Other Respiratory Ailments.** Ozone and particulate matter pollution can be harmful to people with chronic lung diseases, such as emphysema and bronchitis. Often, the elderly are most likely to experience these conditions and, therefore, are particularly vulnerable to the effects of air pollution.

Taking small steps to improve air quality, like those described on the reverse side, can help prevent health problems for everybody.



Traffic, Travel & Transit Info

Clean Air NY is a dynamic collaboration of businesses, community groups and individuals dedicated to improving air quality in the New York metro area. Clean Air NY is sponsored by the New York State Department of Transportation in support of regionwide air-quality efforts.



CleanAirNY.org