



## Earth Friendly Tips

**Choose Air-Friendly Products** - Many products you use in your home, in the yard, or at the office are made with smog-forming chemicals that escape into the air. Here are a few ways to put a lid on products that pollute:

- Select products that are water-based or have low amounts of volatile organic compounds (VOCs).
- Use water-based paints. Look for paints labeled "zero-VOC." Paint with a brush, not a sprayer.
- Store solvents in air-tight containers.
- Use a push or electric lawn mower.

**Save Energy**- Saving energy helps reduce air pollution. Whenever you burn fossil fuel, you pollute the air. Use less gasoline, natural gas, and electricity (power plants burn fossil fuels to generate electricity):

- Turn off the lights when you leave a room.
- Replace energy hungry incandescent lights with compact fluorescent lighting.
- Replace switches in rooms with low use with occupancy sensors that will automatically shut off.
- Check with your utility company for energy conservation tips, like purchasing energy saving appliances.
- Use a thermostat that automatically turns off the air conditioner or heater when you don't need them.
- Add insulation to your home.
- Use a fan instead of air conditioning.
- Use an EPA-approved wood burning stove or fireplace insert.
- Heat small meals in a toaster oven.
- Insulate your water heater.
- Install low flow showerheads.
- Choose recycled products or products with recyclable packaging.
- Recycle paper, plastics, and metals.
- Reuse paper bags.
- One cup hot beverage appliances
- Purchase Energy Star Appliances only!

**Know The Inside Story**- Air pollution is a problem indoors and out. Most people spend at least 80 percent of their lives indoors. Here are some ways you can reduce pollution in your home, office or school:

- Avoid using leaf blowers and other types of equipment that raise a lot of dust. Use a rake or broom instead.
- Don't smoke. Send smokers outside.
- When possible use earth friendly products.
- Use safer products, such as baking soda instead of harsher chemical cleaners.
- Don't heat your home with a gas-cooking stove.
- Have your gas appliances and heater regularly inspected and maintained.
- Clean frequently to remove dust and molds.
- Change out your screens in your HVAC

*Selections borrowed from the EARTH 911 Newsletter*

