

# WHAT CAN YOU DO TO HELP REDUCE AIR POLLUTION?



Every time we drive to school, use our heater or air conditioner, clean our windows, or even style our hair, we make choices that affect air pollution. The following steps, as well as many others, are things we all can do to help reduce air pollution.

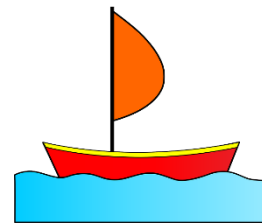
## ENERGY

- [Conserve energy](#) – remember to turn off lights, computers, and electric appliances when not in use
- Use energy efficient [light bulbs](#) and [appliances](#)
- [Participate in your local utility's energy conservation programs](#)
- [Reduce fuel use by carpooling, using public transportation, biking and walking](#)



## TRANSPORTATION

- Combine errands for fewer trips
- [Keep your automobile well-tuned and maintained.](#) Follow the manufacturer's instructions on routine maintenance, such as changing the oil and filters, and checking tire pressure and wheel alignment.
- [Avoid excessive idling of your automobile](#)
- [Drive electric or plug-in hybrid electric vehicles](#)
- [Use electric or hand-powered lawn care equipment](#)
- Be careful not to spill gasoline when filling up your car or gasoline powered lawn and garden equipment
- Purchase and use low-polluting outboard marine engines and personal watercraft (4-stroke and direct fuel injection 2-stroke outboard marine engines)



## HOUSEHOLD

- Run dishwashers and clothes washers only when full
- Choose environmentally friendly cleaners
- Use water-based or solvent free paints whenever possible and buy products that say "low VOC (volatile organic compounds)"
- Seal containers of household cleaners, workshop chemicals and solvents, and garden chemicals to prevent volatile organic compounds from evaporating into the air



## SPEAK UP

- Advocate for emission reductions from power plants and more stringent national vehicle emission standards
- Let your friends and family know what they can do to further help reduce air pollution



For more information, contact the New Hampshire Department of Environmental Services, Air Resources Division at (603) 271-1370.