

# PROTECT OUR BLUE SKIES FOR A **HEALTHY COMMUNITY**

Tips to keep the air clean & protect your health.

## → EMBRACE AIR-FRIENDLY TRANSPORTATION

Carpool, vanpool, telework, take transit or walk & bike.

## → SHOP LOCALLY AT FARMERS' MARKETS

Support local agriculture & reduce the miles your food has to travel.

## → PLEDGE SLO CAR FREE

Travel without your car & get great discounts at [SLOCarFree.org](http://SLOCarFree.org)

## → USE ENERGY EFFICIENT TECHNOLOGIES

## ↓ STAY INFORMED OF LOCAL AIR QUALITY CONDITIONS

- Visit the APCD website at [SLOCleanAir.org](http://SLOCleanAir.org) and click "Today's Air Quality".
- Call 805-781-4390 to hear a recording of the air quality in your area.
- During high wind events or hot summer days, keep watch on your local air quality conditions to determine the best time of day to exercise and enjoy the outdoors.



### DID YOU KNOW?

*Your pets may be more vulnerable to the effects of poor air quality than you are.*  
Animals have smaller, more sensitive lungs than humans so it's actually even harder for them to breathe when the air is poor.