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**SLO County Air Pollution Control District**

Air Quality Awareness Week

**Tip #5: Bring the Energy Savings Home**

During Air Quality Awareness Week, the San Luis Obispo (SLO) County Air Pollution Control District (APCD) urges residents to Be Air Aware. Here are some useful household tips to help keep the air clean:

1.     Paint with a brush, not a sprayer. Buy low VOC paints for indoor and outdoor painting jobs.
2.     Recycle your greenery and learn to compost both your yard trimmings and green kitchen waste! It saves money on fertilizers and your plants will love it.
3.     Mow your grass after 6 p.m. and make sure your lawnmowers and other small engines are properly tuned.
4.     Used reclaimed water: collect rainwater or wastewater from your shower and tub to water your landscape
5.     Update insulation in older homes and install insulated, double pane windows to slash energy loss by 40% per window.

To protect your health, avoid strenuous outdoor activities when pollution levels are high. Sign up to receive the daily air quality forecast via email by subscribing online using the APCD website:

<http://www.slocleanair.org/air/AirForecasting.php>. Air quality information is also available online at <http://www.slocleanair.org/> or by calling the air quality forecast recording at (805) 781-4390. You can also follow the SLO County APCD on Twitter at @SLOCleanAir!

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