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**SLO County Air Pollution Control District**

Air Quality Awareness Week

**Tip # 3: Energy Conservation – It Saves!**

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 energy saving tips to help keep the air clean:

1. Turn things off when you are not in the room, such as lights, TVs, entertainment systems, and your computer.
2. Use energy efficient / LED lights (or Compact Fluorescent Light bulbs).
3. Wash only full loads of dishes and clothes.
4. Cut your energy cost by caulking leaks around windows, doors and vents.
5. Take short showers instead of baths and use low-flow showerheads for additional energy savings.

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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