

Where can I find more information?

California Air Resources Board
http://www.arb.ca.gov/html/brochure/simple_solutions.pdf
(1-800-242-4450)

US Environmental Protection Agency
www.epa.gov

South Coast Air Quality Management District
<http://www.aqmd.gov/>
(909) 396-2000

Flex Your Power
http://www.fypower.org/res/tools/energy_tips.html

Natural Resources Defense Council
<http://www.nrdc.org/air/default.asp>

AIRNow
<http://www.airnow.gov/index.cfm?action=resources.whatyoucando>

Questions or Concerns?

**Contact the Tribal Environmental Office at
951.654.5544
Ext. 4129/4130**



EST. JUNE 19, 1883

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Reducing Air Pollution



**Soboba Tribal
Environmental Department
951.654.5544 ext. 4129/4130**

Why should you work to reduce air pollution?

Air pollution is a topic that is usually mentioned relating to really polluted areas or when people suffer from asthma and other respiratory illnesses. Even though these are important situations, we all should be concerned about air quality regardless of if we notice pollution in our area or not.

A fact of life is that everyone breathes. Our lungs are very sensitive organs that can be affected by subtle changes of substances in the air. Exposure to air pollution may cause minor eye or lung irritation, trouble breathing, chronic illnesses, or even cancer after long exposures. In addition to personal health, another fact to consider is that air is not contained in one place. It travels to areas beyond the place where pollutants are created. Steps you take to reduce air pollution not only help you, it can help people in other places. If everyone works to reduce air pollution, we all can breathe a little easier.



Tips you can use

Actions that save energy and reduce waste also help reduce air pollution. Using fuels or creating new things (during manufacturing or transporting) can release harmful gases and particles into the air.

- Don't idle! Turn off your car if you will be 10 seconds or longer. Ten seconds of idling can use more fuel than turning off the engine and restarting it. For every two minutes a car is idling, it uses about the same amount of fuel it takes to go about one mile and for about every gallon of gas you use you also produce about 19 pounds of carbon dioxide.



- Replace your five most frequently used lights, or the bulbs in them, with ones that have earned the ENERGY STAR, and you'll use less energy, which means less pollution from power plants. If every household did this, together we'd prevent more than one trillion pounds of greenhouse gases.



- It takes energy to create and to dispose of products, which means electricity used, coal burned, trucks driven, and more. Reducing your garbage by 2.20 pounds saves 4.41 pounds of CO₂ emissions.

- Use environmentally safe paints and cleaning products whenever possible and keep their containers tightly sealed. These products can contain volatile organic compounds that can evaporate and be released into the air.



- Purchase the most energy efficient products. Look for ENERGY Star certified appliances and electronics. If you are purchasing a car, choose fuel efficient models.



- Carpool, take public transportation, ride a bike or walk. The less trips you take by yourself in a vehicle, the more emissions you will prevent and fossil fuel you will save.



- Look into sources of renewable energy or alternative fuels. If you can incorporate solar panels at home, use a hybrid vehicle, or purchase energy from sustainable sources, you will be helping reduce air pollution.