

VALLEY AIR NEWS

A publication of the San Joaquin Valley Air Pollution Control District

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for reel



How do I live a Healthy Air Life?

Healthy Air Living is about making air quality a priority in the daily decision-making process.

Here are some changes you can make to help clean up the Valley's air:

For Residents

- Ride your bike to work instead of driving;
- Carpool to work as often as possible;
- Take public transit to work instead of driving in a single-occupancy vehicle;
- Walk your child to school;
- Bring your lunch to work or walk to lunch;
- Shop online;
- Link your trips to minimize car use;
- Avoid using a wood-burning fireplace;
- Avoid drive-thrus;
- Never burn trash;
- Replace your gas lawn mower with an electric model;
- Use a broom or rake instead of leaf blower;
- Use a natural gas grill instead of a charcoal BBQ;
- Have your utility perform an energy audit on your home;
- Check the tire pressure on your vehicle;
- Support your employer in air-friendly activities.



For Businesses

- Link employees to carpooling and van-pooling resources;
- Adopt a green contracting policy for procuring goods and services;
- Offer telecommuting to employees;
- Provide preferred parking for carpools;
- Provide onsite services for employees such as banking, childcare, and dry cleaning;
- Become a Healthy Air Living partner!

For more ideas on how you can live a Healthy Air Life, visit www.healthyairliving.com.



Video Contest has a winner!

The Valley Air District congratulates 18-year-old Mikhail Sarkhosh of Clovis West High School. Mikhail's video best answered the question "How are you Healthy Air Living?"

Mikhail produced a very creative video that included some important Healthy Air Living tips such as "Check Before You Burn" and reminding Valley residents to carpool.

You can see Mikhail's video on our website at www.healthyairliving.com.



The Valley Air District appreciates the hard work and ingenuity that went into producing all the great video entries in this year's contest. We encourage those amateur videographers to keep up the great work, try again next year, and get more information about the District's For Reel Video Contest

by e-mailing: ruth.holmes@valleyair.org.

Summer wildfires raise air-quality concerns

Wildfire season has begun in California and the Valley Air District would like to warn residents of how smoke affects public health during the summer.

"Wildfire smoke is a potent source of particulate matter, which can be dangerous to health," said Samir Sheikh, director of the Air District's Strategies and Incentives Department. "It's important that people know how to deal with localized smoke impacts to protect their health."

Particulate matter – small pieces of airborne material such as soot and ash, which are contained in smoke – can cause serious health problems, aggravate lung disease, trigger asthma attacks and acute bronchitis, and increase risk of respiratory infections. People with heart or lung disease should be particularly vigilant about their immediate surroundings and follow their doctors' advice for dealing with episodes of unhealthy air quality.

During a wildfire, the presence of smoke is often localized, meaning people in the vicinity of the blaze may experience smoke impacts.

"A general rule of thumb is, if you can smell smoke, you're probably breathing it," Sheikh said.

In the event of exposure to smoke, people with heart or lung diseases should follow their doctors' advice for dealing with episodes of unhealthy air quality and stay inside in a place with filtered air, such as a central air-conditioning system. Additionally, older adults and children should avoid prolonged exposure, strenuous activities or heavy exertion. Everyone else should reduce prolonged exposure, strenuous activities or heavy exertion.

And officials urge residents to use caution when using campfires, cigarettes, fireworks or any incendiary devices.

The Air District provides current air quality information as well as forecasts that take fire impacts into account. For air-quality forecasts by county, residents can call toll-free (1 800 SMOG INFO [766-4463]) or visit www.valleyair.org.