



Air Pollution & Children's Health

A Checklist For Protecting Little Lungs

○ Check your local air quality on [AirNow.Gov](https://www.airnow.gov)

Before playing outside, get in the habit of checking local smog and soot levels.

Keep in mind that *all* children (even teenagers) are considered a "sensitive group" to air pollution.

○ Take Action on poor air quality days

- On high **smog** (ground-level ozone) days, play outside in the early morning or after 7pm. Smog is formed in the presence of sunlight and certain chemicals and it peaks in the afternoon.
- On high **soot** (PM 2.5) days, play inside.

○ Reduce exposure to school bus exhaust

Diesel exhaust contains over 40 toxic chemicals, including arsenic, benzene and formaldehyde. Work with your school district to create and implement a no-idling policy for all diesel school buses — ask them to commit to replacing dirty diesel school buses with electric school buses.

○ Lower energy use at home

Generating energy creates air pollution. By reducing your energy use you can help improve air quality and save on your utility bills!

- Check out EPA's Pollution Prevention Tips for Energy Efficiency to get started:
www.epa.gov/p2/pollution-prevention-tips-energy-efficiency

○ Use an air filter

Inside air filters help trap small particulates from circulating in the air. The Michigan School of Medicine shows how you can make an air filter yourself with supplies from your local hardware store.

- Video to create your own air filter:
www.youtube.com/watch?v=kH5APw_SLUU

○ Choose household products with the Safer Choice label

These products have been approved by Environmental Protection Agency's Safer Products Standards, which helps consumers find products safer for human health.

- www.epa.gov/saferchoice

○ Wipe windowsills down

Soot (especially if you live near a high-traffic road) and pollen can accumulate on your windowsills. Before opening windows, ensure the windowsills are clean to limit allergens and soot from entering your home.

○ Get rid of those dust bunnies

Studies show that 90% of dust samples contain toxic chemicals, such as phthalates and flame retardants. Keep household dust to a minimum by regularly dusting with a damp cloth.

- www.nrdc.org/resources/not-just-dirt-toxic-chemicals-indoor-dust

○ Breathe...

Here are helpful breathing exercises for both children and caretakers.

- Square Breathing for Kids:
www.youtube.com/watch?v=YFdZXwE6fRE
- Headspace for Caretakers:
www.headspace.com

○ Speak up for clean air

Join Mothers & Others For Clean Air in advocating for healthier air! There are lots of different ways to use your unique talents to help ensure cleaner air for your community.

For more information and to start advocating for clean air please visit:

www.mothersandothersforcleanair.org