

# Simple Solutions to Improve Our Air Quality

# Central Ohio Air Pollution

## What can you do to help?

**Share a ride.** Contact central Ohio's free rideshare program, RideSolutions, at [www.morpc.org](http://www.morpc.org) or 1-888-742-RIDE.

**Ride the bus.** Check out COTA's website at [www.cota.com](http://www.cota.com) or call (614) 228-1776 to find a bus stop near you.

**Walk or bike.** Central Ohio is home to beautiful bike trails. Learn more about how the region's trail system can get you where you need to go at [www.centralohiogreenways.com](http://www.centralohiogreenways.com) or call (614) 233-4112.

**Turn off your engine.** Idling can consume as much as a gallon of gas per hour when idling for more than 30 seconds and wastes more fuel than restarting the engine.

**Keep your tires properly inflated and your car tuned up.** A 1% loss of fuel efficiency occurs for every 2 PSI of air under the maximum recommended level. Regular tune-ups can reduce your car's emissions by more than half.

**Avoid topping off your tank at the gas station.** Stopping at the click reduces the amount of unhealthy gas fumes released into the air that form pollution.

**Buy cleaner lawn equipment.** Using a gas-powered lawn mower for one hour produces as much pollution as driving your car 50 miles. Replace gas-powered equipment with electric options.

**Plant native trees and flowers.** Natural landscaping decreases the amount of yard that needs mowed and reduces pollution.

## For more information

Visit MORPC's website at <http://airquality.morpc.org> to learn more about central Ohio's air quality and ways you can help improve it. While you're there, sign up for free air quality notifications delivered straight to your inbox. Just click on the EnviroFlash logo. You can also call MORPC's toll-free air quality hotline for the latest forecast at 1-888-666-1009.



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## What you should know about the air you breathe.



Brought to you by the Center for Energy and Environment at the Mid-Ohio Regional Planning Commission.



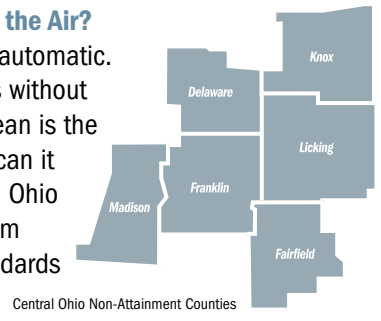
## Improving Quality of Life

The Mid-Ohio Regional Planning Commission's Air Quality Program seeks to address our region's growing air quality issues and inform, educate and alert individuals, businesses and organizations of the actions they can take to reduce air pollution.

# Ohio

### Why Should You Care About the Air?

Breathe in...breathe out. It's automatic. We breathe air into our lungs without thinking about it. But how clean is the air in central Ohio, and how can it affect our health? Six central Ohio counties fail to meet minimum health-based air quality standards set by U.S. EPA.



### Central Ohio Air Pollution

Two main air pollutants in central Ohio are a threat to public health: ground-level ozone and particle pollution. Ground-level ozone pollution is created when emissions from our cars, lawn equipment and industry chemically react in the presence of sunlight, and it is a main ingredient of smog.

Particle pollution is composed of microscopic solids and liquids that can get deep into your lungs. These fine particles can take the form of soot, dust and smoke, coming from diesel trucks, buses, power plants, and wood burning fireplaces.

### Air Pollution and Your Health

High concentrations of ground-level ozone and/or particle pollution in the air can affect us all, especially certain sensitive groups of people. These sensitive groups include children and adults who are active outdoors, people with heart or lung diseases (such as asthma), and older adults.

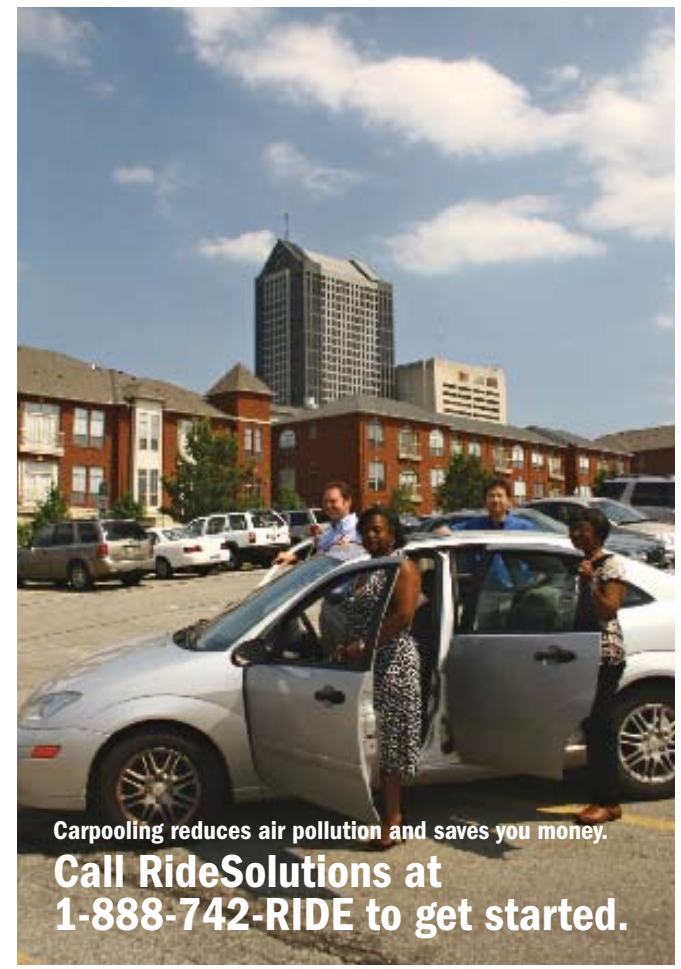
### Be Aware of the Air You're Breathing

The Mid-Ohio Regional Planning Commission (MORPC) issues daily air quality forecasts to keep you informed of air pollution levels each day. When there is a potential for high pollution an Air Quality Alert may be issued—at first for sensitive groups and then for everyone as levels get higher. When in the "Unhealthy for Sensitive Groups" category, U.S. EPA recommends certain groups adjust their activity levels to reduce their exposure.

Air Quality Index (AQI) Values	Levels of Health Concern
0-50	Good
51-100	Moderate
101-150	Unhealthy for Sensitive Groups
151-200	Unhealthy
201-300	Very Unhealthy

### Start Planning Ahead

Use MORPC's air quality forecasts and the color-coded index to help you plan ahead. For instance, when an Air Quality Alert is issued you can reduce your exposure to air pollution by changing the time of your outdoor activity to the morning or evening when levels are generally lower.



Carpooling reduces air pollution and saves you money.

**Call RideSolutions at 1-888-742-RIDE to get started.**