



# BE AIR AWARE IN CENTRAL OHIO

## AIR POLLUTION AND YOUR HEALTH

MORPC's Air Quality Program strives to make Central Ohio's air safer to breathe and to protect public health. We issue alerts to inform you when air pollution levels are high so you can plan your day to stay healthy. We also provide suggestions on how you can take action to make air quality better for everyone.

## BE AWARE OF THE AIR YOU'RE BREATHING

Use MORPC's air quality forecasts and Air Quality Alerts to help you plan ahead. Sign up for free at [www.morpc.org/airquality](http://www.morpc.org/airquality). When air pollution is expected to reach 101 or the Unhealthy for Sensitive Groups level, MORPC will issue an Air Quality Alert for Central Ohio.

LEVELS OF HEALTH CONCERN	AIR QUALITY INDEX (AQI VALUES)	OUTDOOR/INDOOR ACTIVITY
GOOD	0 – 50	IT'S A GREAT DAY TO BE ACTIVE OUTSIDE.
MODERATE	51 – 100	IT'S A GREAT DAY TO BE ACTIVE OUTSIDE.
UNHEALTHY FOR SENSITIVE GROUPS	101 – 150	IF YOU'RE SENSITIVE TO THE AIR, TAKE BREAKS AND LOWER YOUR ACTIVITY LEVEL. PLAN OUTDOOR ACTIVITIES FOR MORNING HOURS.
UNHEALTHY	151 – 200	TAKE BREAKS AND LOWER YOUR ACTIVITY LEVEL OUTSIDE. PLAN OUTDOOR ACTIVITIES FOR MORNING HOURS.
VERY UNHEALTHY	201 – 300	KEEP YOUR ACTIVITIES INDOORS.



## IT'S ABOUT QUALITY OF LIFE

Ground-level ozone and particle pollution in the air can affect us all, especially certain sensitive groups of people. This includes children, adults who are active outdoors, people with heart or lung diseases (such as asthma and COPD) and older adults.

### WHAT ARE WE BREATHING?

**Ground-level ozone pollution** is harmful to breathe, and is created when emissions from cars, power plants, lawn equipment and industry react chemically in the presence of sunlight.

**Particle pollution** is produced by cars, power plants, forest fires, residential wood burning and industry. Some of the particles are so small that they can get into the lungs, potentially causing serious health problems.

Air quality in Central Ohio has been improving for many years, but we still have work to do in order to maintain healthy air for all.

## TAKE ACTION TO IMPROVE YOUR AIR QUALITY

**Stay informed.** Sign up for Air Quality Alerts at [www.morpc.org/airquality](http://www.morpc.org/airquality) so you know when it's most important to take action.

**Rethink your ride.** Try carpooling, vanpooling, combining trips, riding the bus, biking or walking. Visit [www.gohiocommute.com/morpc](http://www.gohiocommute.com/morpc) to plan your trip.

**Take transit.** Check out the Central Ohio Transit Authority at [www.cota.com](http://www.cota.com) or **614.228.1776**. Also check out the Delaware Area Transit Agency at [www.ridedata.com](http://www.ridedata.com) or **740.363.3355**.

**Walk or bike for short trips.** Do you have a bike and don't know where to go? Use the Columbus Metro Bike Map at [www.morpc.org/bikemap](http://www.morpc.org/bikemap).

**Turn the key; be idle free.** Turn your engine off instead of idling your car to reduce harmful air pollution.

**Refuel your car after 8 p.m.** Filling your tank after 8 p.m. and avoiding topping off your tank minimizes pollution. Gas fumes combined with warm temperatures during the day can create ground-level ozone.

**Use greener lawn equipment.** Replace gas-powered equipment with electric or hand-operated options.

**Save energy.** Start with an energy audit to identify ways you can be more comfortable and spend less money. Call MORPC to learn how at **614.621.1171**.