ST. LOUIS REGIONAL
CLEAN AIR
PARTNERSHIP

# Go Green: Do Your Share for Cleaner Air

## The Air Quality Forecast Can Be:

Good



Moderate

Unhealthy for people with special health needs



Unhealthy for everyone

KMOV Channel 4 works with the American Lung Association and other air quality and health experts to bring you the official daily Air Quality Forecast for the region.

## Get the Air Quality Forecast

**In addition to KMOV Channel 4 News, you can also check out the following sources for the latest air quality information:**

- The KMOV website at www.kmov.com.
- The Clean Air Partnership's website at www.cleanair-stlouis.com. Here you can see the forecast and sign-up to get the daily forecast sent directly to your e-mail inbox via the EPA's convenient EnviroFlash air quality alert system.
- The Clean Air Partnership's Facebook and Twitter pages.
- The American Lung Association's air quality forecast hotline at (314) 645-5505.
- The St. Louis Science Center's display on the I-64 overpass.
- Department of Transportation Air Quality Alert signs on local highways.
- Your local daily newspaper.
- Memorial Hospital's Clean Air Hotline at (618) 257-6265.

AMERICAN LUNG ASSOCIATION®

## The Health Factor

**The implications of high ozone or Particulate Matter include:**

- Negative health effects, such as shortness of breath, coughing, wheezing, headaches, nausea, eye and throat irritation and even decreased lung function.
- Aggravation of respiratory problems, asthma, allergies and lung diseases.
- Impairment of the body's immune system, making people more susceptible to illnesses such as bronchitis and pneumonia.
- Increased hospital and emergency room visits for respiratory problems.
- Irregular heartbeat, heart attacks and even premature death in those with heart or lung disease who are exposed to fine particles, which can travel deep into the lungs and, in some cases, the bloodstream.

## Who Is Affected By Poor Air Quality?

**Everyone. Especially:**

- **Children.** Their lungs are still developing and they breathe more rapidly and inhale more air pollution per pound of body weight than adults. They also often breathe through their mouths, which means the pollution bypasses the body's first line of defense: the nose.
- **The Elderly.** Along with aging comes physical vulnerability to illness and aggravators; poor air quality is one of those main irritants.
- **Asthmatics.** There are approximately 140,000 adults with asthma in the St. Louis Metro region. Ozone can aggravate asthma, causing more asthma attacks, increased use of medication, more medical treatment and more visits to hospital emergency clinics.
- **Healthy Adults.** High levels of ozone can cause a 14-20 percent decrease in lung capacity in healthy adults. This group experiences difficulties from ozone, particularly when exercising, which can increase air intake by as much as 10 times during a resting state.

Poor air quality also impacts economic development, making it less attractive for businesses to locate or expand in our region.

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www.cleanair-stlouis.com

KMOV
www.kmov.com

AMERICAN LUNG ASSOCIATION®
1-800-lung-usa
www.breathehealthy.org

MoDOT
1-888-ASK-MODOT
www.gatewayguide.com

RideFinders
Linking People and Places
1-800-VIP-RIDE
www.ridefinders.org

(314) 231-7272
www.cmt-stl.org

Metro
MO: (314) 231-2345
IL: (618) 271-2345
www.metrostlouis.org

Madison County Transit
(618) 931-7433
www.mct.org

Illinois Department of Transportation

Schnucks

St. Louis Science Center®

The St. Louis Regional Clean Air Partnership was formed in 1995 with the support of the St. Louis Regional Chamber and Growth Association, East-West Gateway Council of Governments, Washington University and others.

To see the growing list of additional clean air partners who are playing a key role in supporting the region's clean air effort, visit **www.cleanair-stlouis.com**.

*Underwritten by Federal Transportation Administration Air Quality Grant.*

*The many steps you take to live green play an important role in helping to reduce emissions and improve air quality and lung health in the region. From simply walking or biking instead of driving to reducing, reusing, recycling and conserving energy, the options are endless and they all play a critical role in helping our region breathe easier.*

## Energy Use:

**Much of our electricity comes from burning coal which leads to air pollution. This makes energy conservation a critical component of the clean air effort.**

- Adjust the thermostat and turn off appliances and lights not in use.
- Replace incandescent light bulbs with compact fluorescents.
- Lower your air conditioning bills by planting shade trees, shrubs and grasses around your home.
- Pull down window shades to minimize heat or cold transfer.
- Upgrade insulation to a higher R-value, seal ducts, use caulk and apply weather stripping.
- Replace old, inefficient appliances with Energy Star appliances.
- Utilize the energy-saving mode on office equipment.
- Activate the power management features on computers, unplug power cords when not in use and/or use a power strip that can be turned off.

## Transportation:

**Choices you make on the road to reduce emissions can go a long way towards improving air quality.**

- **Try transit**: Ride the bus or MetroLink whenever possible. Visit www.metrostlouis.org, www.cmt-stl.org or www.mct.org to learn about transit options in the St. Louis region.
- **Carpool or vanpool**: RideFinders' free ridematching service at www.ridefinders.org can connect you with rideshare partners who live and work near you.
- **Plan your route**: Use MoDOT's Gateway Guide website at www.gatewayguide.com or its 511 travel information number to access real-time traffic information designed to help you avoid traffic congestion and the related vehicle idling which pollutes our air.
- **Carshare**: Take advantage of St. Louis' WeCar program to get to and from mid-day meetings when you take transit to work. Visit www.wecar.com/stl to learn more.
- **Telecommute**: Eliminate the work commute one or more days a week by exploring mobile work options that can help you be productive outside the traditional office environment. Visit www.hr4u.com to learn more.
- **Brown bag lunch**: Cars emit the most emissions during short trips. Instead of driving to lunch brown bag it or walk to your favorite restaurant.
- **Walk more**: Get on board Citizens for Modern Transit's 10 Toe Express and learn how to better integrate walking with public transit use to get around town. Visit www.tentoes.cmt-stl.org for information.


## Reduce, Reuse, Recycle:

**Choosing to reduce, reuse and recycle helps conserve energy and reduces pollution and emissions created during resource extraction, manufacturing and disposal.**

- Reduce waste and consume less by using only what you need, extending the life of the items you use and repurposing items rather than discarding them.
- Utilize reusable lunch or shopping bags, towels, napkins, coffee cups, dinnerware and water bottles, rather than disposing of Styrofoam or paper and plastic items.
- Recycle printer cartridges, copy paper, newspapers and drink containers and print two-sided copies.

## Water Conservation:

**Much of the energy and electricity used in urban areas is supplied for water pumping, treatment and heating. Conserving water saves energy and reduces emissions from the facilities that generate energy for our region.**

- Install low-flush toilets or waterless urinals. Regular toilets use five to seven gallons of water for each flush.
- Fix or replace leaky faucets. A faucet that leaks enough water to fill a soda bottle every 30 minutes will waste 2,192 gallons of water a year.
- Take shorter showers. You'll use less hot water – and water heaters account for nearly ¼ of energy use at home.

## Why Should You Care?

Summertime ozone levels in St. Louis have exceeded federal health standards almost every year since the passage of the Clean Air Act. While ozone is a major contributor to the region's air quality concerns during the summer, Particulate Matter (PM) is another form of pollution that contributes to poor air quality year round.

PM refers to a mixture of solid particles and liquid droplets found in the air. In our region, most PM is so small that it can only be detected with a microscope. PM sources include motor vehicles, power plants, fireplaces and some industrial processes. PM is also formed in the atmosphere from the reaction of gaseous pollutants.