On high soot (PM 2.5) days, play inside. 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. 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. 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. 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