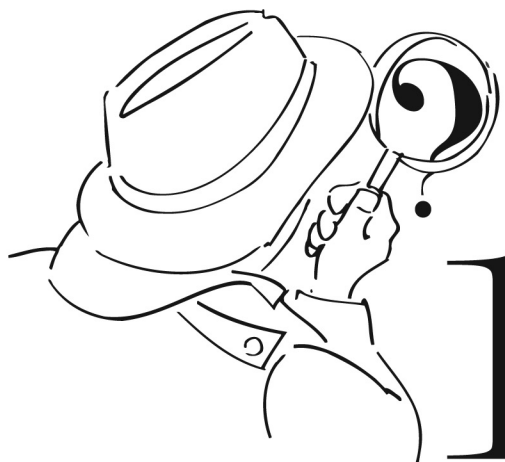


# Be Air Quality Smart!

# Four Things You Can Do



# 1

## Check the Air Quality Index.

- Visit the AIRNow website at [www.airnow.gov](http://www.airnow.gov).
- Listen for air quality information on the radio or TV.

# 2

## Protect your health when the air is polluted.

- Take it easier when you're outside.
- If it feels harder to breathe, tell an adult.



# 3

## Help reduce pollution.

- Turn off lights and equipment.
- Walk, bike, carpool, or take the bus when the air quality is good. But remember, your safety always comes first!

# 4

## Have fun at the Smog City website: [www.smogcity.com](http://www.smogcity.com)



Coming in 2007—**Smog City 2**, which will include particle pollution in addition to ozone, at: [www.smogcity2.org](http://www.smogcity2.org)

