

CATA Clean Commute Options
(517) 393-RIDE • www.cata.org



Contact CATA for more information.

Keep Your Car Parked & Get Around Another Way!

High pollution levels are no longer just a big-city problem; they are affecting communities like the Greater Lansing area. In recent years, the Tri-County area has fallen below the EPA air quality standards.

CATA Clean Commute Options can help you contribute to a cleaner commute and a cleaner community.



Capital Area Transportation Authority
Clean Commute Options
4615 Tranter Street
Lansing, MI 48910

Clean Commute Options



**Tomorrow,
leave home
without it.**

You Can Be a Solution to Ozone Pollution

Did you know that increased ground-level ozone levels can make it harder to breathe? The most vulnerable people can be:

- Children
- Elderly people
- Those who actively exercise or work outdoors
- People with asthma

Watch your local media stations for Ozone Alerts during Ozone Action Season, between May and September. An Ozone Alert of orange or higher alerts you to take simple steps to contribute to a cleaner community.



Small Changes = Big Impact

You may not know that a small change in the choices we make every day can have a big impact. For example:

- Keep a well-maintained vehicle
- Don't idle your engine
- Fuel your vehicle after 5:00 p.m.
- Don't top off your tank
- Don't mow your lawn on Ozone Action Days

Leave Your Car At Home

Driving alone as the single occupant in a car or truck is the major way we create ozone pollution. We all have other options. Just once a week, we could:

- Take a bus (CATA, Clinton Transit, EATRAN)
- Carpool
- Vanpool
- Bike
- Walk

Challenge Yourself for Just One Day. Give It a Try!

Are You Up for the Challenge?

Take the first step toward a healthier community. Choose an alternative commute for just one day.

Clean Commute Challenge
Thursday, May 3
 Ride the bus. Bike. Carpool. Walk.

Just call CATA at (517) 393-RIDE or e-mail cleancommute@cata.org for more information.

Clean Commute Options



Together we can all contribute to a cleaner commute and a cleaner community.

This event has been reviewed for the physical activity content and has been endorsed by the Governor's Council on Physical Fitness, Health and Sports. This does not reflect endorsement of the sponsoring organization or the products used.

Air Quality Index (AQI*): Ozone

Index Values	Levels of Health Concern	Meaning
0 to 50	Good	Air quality is considered satisfactory, and air pollution poses little or no risk.
51 to 100	Moderate	Air quality is acceptable; however, for some pollutants there may be a moderate health concern for a very small number of people who are usually sensitive to air pollution.
101 to 150	Unhealthy for Sensitive Groups	Members of sensitive groups may experience health effects. The general public is not likely to be affected.
151 to 200	Unhealthy	Everyone may begin to experience health effects; members of sensitive groups may experience more serious health effects.
201 to 300	Very Unhealthy	Health alert: everyone may experience more serious health effects.
301 to 500	Hazardous	Health warnings of emergency conditions. The entire population is more likely to be affected.

* An AQI of 100 for ozone corresponds to an ozone level of 0.08 parts per million (averaged over 8 hours).