

## TWO MAJOR TYPES OF POLLUTION

**Ozone** is the main ingredient of smog and is mostly a problem during summer months. Ground-level ozone forms when emissions from sources such as cars and trucks, power plants, agricultural operations and consumer products, "cook" in the heat and sunlight. (Ozone near the ground is NOT the same thing as the ozone layer in the upper atmosphere, which shields us from the sun's radiation).

**Particulate matter (PM)** is a mixture of tiny, airborne particles including wood smoke, metals, dust, organic chemicals and soot from sources such as factories, fireplaces, vehicles and windblown dust.

Ground-level ozone and particulate matter can cause serious health problems. Ozone can inflame lung tissue, make asthma worse and cause other permanent lung damage. Particulates can cause asthma attacks and acute bronchitis, increase the risk of lung infections and trigger heart attacks.

Generally, air quality during summer months gets worse as the day goes on and peaks in the afternoon and evening. During the winter, air quality gets worse as the night progresses, and usually peaks in the late evening and early morning hours.

### For more information:



#### Northern Region

*Serving San Joaquin, Stanislaus and Merced counties*  
4800 Enterprise Way, Modesto, CA 95356-8718  
Tel: 209-557-6400 FAX: 209-557-6475  
Complaint Line: 1-800-281-7003

#### Central Region (Main Office)

*Serving Madera, Fresno and Kings counties*  
1990 E. Gettysburg Avenue, Fresno, CA 93726-0244  
Tel: 559-230-6000 FAX: 559-230-6061  
Complaint Line: 1-800-870-1037

#### Southern Region

*Serving Tulare and Valley air basin portions of Kern counties*  
34946 Flyover Court, Bakersfield, CA 93308-9725  
Tel: 661-392-5500 FAX: 661-392-5585  
Complaint Line: 1-800-926-5550

[valleyair.org](http://valleyair.org) | [healthyairliving.com](http://healthyairliving.com)



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# MAKE ONE CHANGE FOR CLEANER AIR



**San Joaquin Valley**  
AIR POLLUTION CONTROL DISTRICT

1-800 SMOG INFO  
[www.valleyair.org](http://www.valleyair.org)

# You can be part of the solution for cleaner air in the Valley

## What Is Being Done About Air Pollution?

Several government agencies, as well as each of us, share responsibility for controlling air pollution and improving air quality.

The San Joaquin Valley Air Pollution Control District regulates mostly stationary sources of pollution (things without wheels) such as gas stations, agricultural operations, factories, auto-body shops and other businesses.

The California Air Resources Board controls emissions from mobile sources such as cars, trucks and tractors, and from consumer products such as paint, cleansers and hairspray.

The U.S. Environmental Protection Agency controls fuel ingredients and emissions from interstate trucking, planes, trains and ships.



Cities and counties also make decisions that affect air pollution. For example, preventing urban sprawl and designing streets to encourage walking reduces emissions and helps improve air quality.



## Get Involved

As a Valley resident, you play an important role in helping improve the air we all breathe.

Educate yourself about air-quality issues. Attend Air District workshops and meetings to learn more about air pollution and voice your opinion. Let your elected officials know what you'd like them to do about air quality.

The District's Governing Board, Citizens' Advisory Committee and Environmental Justice Advisory Group meet monthly. These meetings are video-conferenced and webcast so that people in all three regional offices in Modesto, Fresno and Bakersfield can participate. See the back cover for locations. Meeting agendas, dates and times are posted at [valleyair.org](http://valleyair.org).

Find more clean air ideas at [healthyairliving.com](http://healthyairliving.com)

## Make One Change for Cleaner Air!

- Bike or walk to work or school.
- Don't idle your vehicle.
- Share a ride. Carpool to work, school or activities.
- Drive less, especially on unhealthy air days, and link your trips (do all your errands at once).
- Switch to electric lawn care equipment.
- Barbecue with propane instead of charcoal.
- Don't top off your gas tank.
- Take your lunch to work or school or walk to the restaurant.
- Replace wood-burning fireplaces with gas or electric.
- Purchase or lease an electric car.
- Shop by phone, mail or Internet.
- Tune up your vehicle and keep your tires properly inflated.

