Stay Healthy

- Check the air quality forecast for your area daily, especially if your family consists of young children, older persons or a family member with asthma.
- Wear sunscreen and UV protection sunglasses daily
- Stop smoking

Other ways to get involved

- Learn more about air quality and ways you can make a difference
- Write your local officials with your ideas and concerns
- Encourage your place of business/school to get involved and start up programs
- Observe Anderson’s Air Quality Awareness Week, April 25—29, 2016
- Share this information along with your own ideas with others
- Tweet how you’re making a difference using #BreatheCleanAC

How Can I Help Improve Air Quality?

Breathe Clean Anderson
Air Quality Awareness Campaign

Anderson County Planning & Community Development

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Everyone deserves to breathe clean air...
At Home

- Conserve energy/electricity
- Program your thermostat to 78 degrees in summer and 68 degrees in winter
- Reduce, Reuse and Recycle
- Do not burn trash, yard waste or leaves
- Use zero VOC latex paint and clean with water
- Use rechargeable batteries for frequently used devices
- Choose low or zero VOC cleaners and natural substitutes, such as vinegar and baking soda for a natural cleaner
- Use washable dishes, utensils and fabric napkins opposed to disposable dinnerware
- Inspect gas appliances and heaters regularly and keep maintained
- Plant trees, especially deciduous trees around homes
- Garden organically and compost
- Use a rake or broom opposed to gas fueled leaf blowers.

At Work/School

- Carpool to work, if possible
- If your company offers flex scheduling or telecommuting programs, take advantage of them
- Print and photocopy on both sides of the paper and print less when possible
- Bring you lunch to work/school and use a reusable lunchbox and containers
- Turn off your electronics after business hours
- Program the thermostats and dress according to the weather and season
- Recycle, if your office does not currently have a program—start one
- Open blinds and turn off the lights, when possible
- If you live close to work/school, consider walking or biking
- Encourage your school to become a member of the B2 program (Breather Better—an anti-idling program)

Out and About

- Bring and use your own reusable bag when shopping
- Fuel your vehicle in the evening hours
- Don’t top off your fuel tank to help prevent spillage
- Don’t’ idle; Go inside versus idling in the drive-thru
- Keep your vehicle well maintained, including tune-ups, air filters and tires
- Plan your trips and combine errands when possible
- Use alternative forms of transportation when possible, such as walking, biking, carpools, transit, etc.
- Purchase non-aerosol forms of products when available
- Buy products made closer to home to reduce transportation costs
- Eat locally and be a patron of local farmers’ markets and roadside stands
- Consider a more efficient model of vehicle when it’s time to trade
- Buy products with less packaging
- Buy and use recycled products