



Greenworks is the city's sustainability plan to improve quality of life for all Philadelphians. We've developed guides to show individuals, communities, and institutions how they can help make the Greenworks visions a reality. All of the guides are available at www.phila.gov/green or by calling 215-686-3495.

What Individuals Can Do

OUTDOOR AIR

- ❑ **Consider air quality when driving:** You can help improve Philadelphia's air by walking, biking, or taking transit to your destination, by maintaining your car and limiting idling, and by considering vehicle emissions when purchasing a new car.
- ❑ **Green your lawn equipment:** Use clean, efficient lawn care equipment such as mowers and trimmers.
- ❑ **Monitor air quality alerts:** Keep track of Philadelphia's daily air quality and protect your health during these events. Monitoring and resources are available at:
 -  www.phila.gov/aqi
 - Receive an email when an Air Quality Action Day is declared by signing up at:
 -  <http://delawarevalley.enviroflash.info/signup.cfm>
- ❑ **Report air quality concerns:** Alert Air Management Services to issues such as idling, dust, or unusual odor.
 -  215-685-7580 (business hours) or 215-686-4516 (all other times)

INDOOR AIR

- ❑ **Add houseplants:** Houseplants can help filter harmful indoor air pollutants.
- ❑ **Avoid pests and insects:** Keep insects and rodents out of your home by keeping food tightly sealed and all surfaces clean. Use Integrated Pest Management, a healthier alternative to pesticides, to handle infestations.
- ❑ **Change air filters:** Change filters on your furnace, air conditioner, or air purifiers every few months.

- ❑ **Know what to do about lead paint:** Protect your family from lead exposure in your home.
 - Lead dust sampling technicians
 -  <http://tiny.cc/DustSampling>
 - Lead abatement contractors
 -  <http://tiny.cc/LeadAbatement>
 - Tips to avoid lead exposure at home
 -  <http://tiny.cc/LeadTips>
- ❑ **Learn more:** Check out CHOP's Asthma Program tips for more ideas:
 -  <http://tiny.cc/AsthmaCHOP>
- ❑ **Limit contact with mold:** Clean and ventilate attics and basements, use a dehumidifier, and repair leaks that can contribute to mold.
- ❑ **Maintain heating system:** Make sure your chimney, furnace, clothes dryer and water heater are venting properly and ensure you have a functioning carbon monoxide detector in your home.
- ❑ **No smoking:** Prohibit smoking in your home.
- ❑ **Reduce dust mites and pet dander:** Remove old bedding, carpets or furniture and vacuum and clean often to eliminate dust and pet dander.
- ❑ **Reduce use of toxics:** Use green cleaning products, such as baking soda and vinegar, and reduce the use of other toxics inside the home.

[See back for more information.]



<p>VISION 02</p>	<p>HEALTHY OUTDOOR AND INDOOR AIR All Philadelphians breathe healthy air inside and outside</p>	<p><u>Individuals</u></p>
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SOURCES OF INDOOR AIR POLLUTION

Understanding and controlling common household pollutants can help improve your indoor air and reduce health risks.

