**Make a difference today! You can help prevent pollution from reaching the air we breathe.**

## What Can I Do?

<table>
<thead>
<tr>
<th>Action Description</th>
<th>Potential Pollution Savings (Pounds per Year)</th>
<th>How Many Party Balloons Would This Fill?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Take mass transit once a week</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Bus</td>
<td>179</td>
<td>3,000</td>
</tr>
<tr>
<td>- Light Rail</td>
<td>534</td>
<td>9,000</td>
</tr>
<tr>
<td>Combine trips to reduce miles traveled by 10%</td>
<td>614</td>
<td>11,000</td>
</tr>
<tr>
<td>Ride your bike to work or the store</td>
<td>828</td>
<td>15,000</td>
</tr>
<tr>
<td>Carpool with a coworker</td>
<td>2,278</td>
<td>40,000</td>
</tr>
<tr>
<td>Need a new car? Buy electric!</td>
<td>3,321</td>
<td>58,000</td>
</tr>
</tbody>
</table>

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### Share how you are making a difference on social media using #AZAirAware.

- [Twitter](https://twitter.com/ArizonaDEQ)
- [Facebook](https://www.facebook.com/azdeq)
- [Instagram](https://www.instagram.com/azdeqgov)
- [LinkedIn](https://www.linkedin.com/company/arizona-department-of-environmental-quality)
- [YouTube](https://www.youtube.com/AZDepartmentofEnvironmentalQuality)

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### You can also:

- Ask your employer about telecommuting options
- Avoid idling
- Fuel up after dark
- Use low volatile organic compound (VOC) paints and cleaners
- Use a broom or rake, instead of a leaf blower
- Trade in that old lawn mower [azdeq.gov/lawn-and-garden-emission-reduction-programs](https://azdeq.gov/lawn-and-garden-emission-reduction-programs)
- Don’t burn wood or debris [cleanairmakemore.com/fireplace-retrofit-program](https://cleanairmakemore.com/fireplace-retrofit-program)
- Help us help you fix your car if you failed emissions and get up to $550 for repairs [azdeq.gov/vvrp](https://azdeq.gov/vvrp)

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**Be Air Aware** | Get Hourly Air Quality Forecasts at [azdeq.gov/forecasting](https://azdeq.gov/forecasting)

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