

For Immediate Release  
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Note: Demonstration available

## What's Your Air Quality IQ?

Earth Day was founded to encourage individuals and institutions to seek ways to eliminate pollution and take stewardship of the Earth. Here's a simple quiz to check your "Air Quality IQ" and simple suggestions on how you can be a better steward of air quality in the Bay Area.

- **How much air pollution is generated from hair sprays in the Bay Area each day?**  
**Answer: nine tons.** Switch to solids – like gels – to style your hair. Solids are less polluting than aerosols.
- **Spray deodorants cause how much pollution in the Bay Area?**  
**Answer: one ton.** Switch to a solid roll-on deodorant instead.
- **Gasoline lawn mowers pollute how much each day?**  
**Answer: eight tons.** Give up gas and switch to an electric lawn mower. Check out [www.sparetheair.org](http://www.sparetheair.org) to see if the Air District is sponsoring a lawn mower buy-back program in your county.
- **How can you find out when the air is dirty?**  
**Answer: Sign up for AirAlerts** at [www.sparetheair.org](http://www.sparetheair.org) and receive advance notice of Spare the Air days.
- **What's the leading source of air pollution in the Bay Area?**  
**Cars!** Cut down on driving alone – carpool, take transit, walk or bike instead. Leaving the car at home one day a week prevents 43 pounds of air pollution each year.
- **How can you plan to take transit from place to place?**  
**Go to [www.511.org](http://www.511.org)** and click on "Transit." The new trip planner function will plot your trip using transit.
- **Does speeding affect air quality?**  
**Yes!** Driving above the speed limit causes the engine to work harder and produce more air pollution. Don't speed!

"There are simple things that we can all do to keep the air healthy and protect our health," said Jack Broadbent, the Air District's Executive Officer. "By making some easy and environmental-friendly changes in our daily lives, we can be better stewards of the earth," Broadbent said.