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 • Frisco • Richardson • Lewisville • Murphy • Allen • North Richland Hills • Grapevine  
 • Euless • Dallas • Mansfield • DeSoto • Coppell • **AIR QUALITY** • Haltom City •  
 Duncanville • Lancaster • Rockwall • Waxahachie • **TAKE ACTION WEEK** • Rowlett  
 • Farmers Branch • Weatherford • Southlake • Colleyville •  
 Midlothian • Highland Village • Addison • Highland Park •  
 Richland Hills • Trophy Club • Roanoke • Kennedale • Westlake



The North Texas Commission's *Clean Air Texas Initiative* is proud to sponsor its first-annual "North Texas Air Quality Take Action Week." All this week we will be sending emails with information about air quality in North Texas and tips for what you can do to help improve the air in our region.

### Air Quality Fact of the Day: What is the air quality like in North Texas?

Although air quality in North Texas has been steadily improving for the past decade, ten counties in the region have ozone levels that are too high to pass standards set by the Clean Air Act. Regional ozone levels are still above the 85 parts-per-billion level stipulated by the Clean Air Act, leaving North Texas in "non-attainment."

## 8-HOUR OZONE STANDARD HISTORIC TRENDS North Texas Nonattainment Area



Failure to achieve compliance in this area could lead to negative economic and health outcomes, including the loss of federal transportation funding and more stringent federal regulation of regional businesses and industries. Clean air is not only important to our region's health – it's vital for our region's economic prosperity as well.

Source: NCTCOG TR Dep

### Air Quality Tip of the Day: Turn Up, Tune Up, Trade Up

Did you know that improving air quality can also mean saving money? Follow the "Three T's" of "Turn Up, Tune Up, and Trade Up" to conserve energy, reduce your emissions, and save money.

1. Turn Up: Don't waste the cold air when you aren't home—when you leave the house, turn up your thermostat to 85°F or off. When you are home, keep your thermostat at 78°F. The Texas Public Utility Commission estimates that for each degree of extra cooling beneath 78°F increases your energy usage (and bill) by six to eight%!
2. Tune Up: Make sure that your car is running in peak condition. The Department of Energy estimates that tuning up your car and properly inflating your tires can improve your fuel economy by 7%, which means less money on gas and less exhaust to cause ozone.
3. Trade Up: Are you in the market for a new automobile or home appliance? Trade up for a cleaner and more efficient model and save money on fuel and energy costs while reducing your air quality impact. Look through the EPA's [Green Vehicle Guide](#) to see which are the cleanest cars on the market, or consider getting an alternative fuel vehicle. If you are looking to purchase a new appliance for your home, be sure to look for the [Energy Star](#) label to ensure that the product is high efficiency.

**About the Clean Air Texas Initiative:** Formed from the merger of the North Texas Clean Air Coalition and Texas Business for Clean Air into the North Texas Commission Foundation, the Clean Air Texas Initiative works with the business community of North Texas to collaborative develop and implement voluntary strategies with measurable goals that will help improve regional air quality. Visit [their website](#), find them on [Facebook](#), and follow them on [Twitter](#).



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#### **Air Quality Fact of the Day: What is ozone?**

Formed by the interaction of car exhaust, industrial emissions, and other fumes with sunlight, **Ozone** is the main component of smog and is a powerful oxidant that aggravates asthma and other lung conditions. According to the Texas Commission on Environmental Quality, vehicles are the largest contributors to NOx pollution – an important ozone precursor—accounting for 49% of our area's emissions.

#### **Air Quality Tip of the Day: Stop Talking out Your Tailpipe!**

The single easiest thing you can do to fight ozone is to drive less. On a typical weekday in North Texas, we drive over 185 million miles. That's equal to more than 787 trips from Earth to the Moon – every single day! There are lots of ways to reduce your vehicle's impact on the air, from taking mass transit to trading in that clunker for new, cleaner model. Here are a few other ideas:

- Take mass transit such as [DART](#), [The T](#), or [DCTA](#)
- Bike or walk instead of driving ([click here to use Google's new bicycle route planner](#))
- Minimize vehicle trips by telecommuting, conference calls, or video conferencing
- [Report smoking vehicles](#)
- Avoid idling your vehicle
- Wait to refuel your vehicle until after 7 PM

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### Air Quality Fact of the Day: What are the health impacts caused by ozone?

Breathing ozone can have negative impacts on human health, particularly the respiratory system. Effects and symptoms include:

- Coughing, wheezing, shortness of breath, or tightness in the chest
- Pain, burning, or discomfort when taking a deep breath
- Throat irritation and inflammation of lung tissue
- Temporary reduction in lung function
- More intense asthma symptoms and increased sensitivity to asthma triggers

Not all people are affected in the same way; young children, people with lung conditions such as asthma or COPD, and senior citizens are at higher risk. However, vigorous exercise or prolonged exposure can trigger symptoms in otherwise healthy individuals on days with only moderate ozone levels.

### Air Quality Tip of the Day: Be Air Aware

Protect yourself from ozone pollution and "Be Air Aware." Many sources report the Air Quality Index (AQI), which is color coded according to the level of health concern. On days that are Level Orange or higher you may want to limit outdoor activity, especially if you are more sensitive to ozone exposure.

There are many great sources of information about current air quality in North Texas:

- [Air North Texas](#) is a regional clean air partnership that provides resources for improving air quality
- The North Central Texas Council of Governments (NCTCOG) has a [map on their website that shows current ozone readings](#) from air monitors across the region
- The Texas Commission on Environmental Quality (TCEQ) runs numerous air quality monitors across North Texas, and also [has a map showing current ozone levels](#)



You can even have air quality forecasts, alerts, and warnings delivered straight to your inbox! Sign up with Air North Texas [on their website](#).

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