

Measures of Air Quality

The Environmental Protection Agency (EPA) has established an Air Quality Index (AQI) to help you understand what local air quality means to your health.

| Air Quality Index (AQI) Values | Levels of Health Concern |
|---------------------------------------|---|
| <i>When the AQI is in this range:</i> | <i>...air quality conditions are:</i> |
| 0-50 | Good  |
| 51-100 | Moderate  |
| 101-150 | Unhealthy for Sensitive Groups  |
| 151-200 | Unhealthy  |
| 201-300 | Very unhealthy  |
| 301-500 | Hazardous  |

Environmental Protection Agency (EPA)
Air Now: <http://airnow.gov/>

Web Resources:

Weber-Morgan Health Department:
<http://www.webermorganhealth.org/>

Ogden City Green Waste Site:
http://www.ogden.city.com/en/community/public_services/garbage_recycling_services.aspx

Sustainability at Weber State University:
<http://www.weber.edu/sustainability>

Clean Air Utah:
<http://www.cleanair.utah.gov/>

Utah Department of Environmental Quality:
<http://www.airquality.utah.gov/>

Environmental Protection Agency (EPA) Air Now:
<http://airnow.gov/>

EPA Transportation and Air Quality:
<http://www.epa.gov/otaq/>

Rocky Mountain Power— Energy Efficiency Information & Resources:
<https://www.rockymountainpower.net/res/sem/eeti.html>

Being Air Aware



10 Simple Ways To Improve Our Air

The Ogden City Council and Weber-Morgan Health Department have partnered to encourage residents and local businesses to improve our local air. There are numerous ways to reduce air pollutants and to enhance our overall quality of life.

1. Drive wisely

Planning trips in advance can help to save gasoline and reduce air pollution. Combining errands for fewer trips is a great time-saver and reduces the costs for gasoline.

2. Avoid idling

Making the decision not to idle is one of the easiest ways to reduce vehicle emissions. When waiting in a drive-thru line turn off your vehicle or opt to go inside the business. Idling for even one minute wastes fuel and creates more pollution than turning off the engine and restarting it. Ten minutes of daily idling wastes almost 20 gallons of gas annually per driver.

3. Maintain your vehicle

Maintaining your vehicle makes your car last longer and keeps your engine clean. A poorly maintained engine creates more pollution and ultimately uses more fuel.

4. Use alternative transportation

When possible, use public transportation, walk, ride a bike, or carpool. These options promote a healthy lifestyle, help to reduce miles driven on a vehicle and minimize costs for gasoline. Telecommuting is also a good way to eliminate travel-time and reduce traffic congestion.

5. Conserve energy

Using less energy allows power plants to burn fewer fossil fuels. Energy saving can be as simple as: only running your dishwasher when full; washing clothes in warm or cold water, instead of hot; turning down your water heater to 120° Fahrenheit; adding caulk and weather-strip around doors and windows; putting on a sweater and turning your thermostat down; investing in a programmable thermostat so you aren't heating/cooling while away; and asking your utility company for a home energy audit. Also, limiting use of gas-powered lawnmowers, leaf blowers and snow blowers are good ways to conserve energy.

6. Avoid using fireplaces and wood-burning stoves

If you use a wood-stove or fireplace to heat your home make sure it meets Utah's standards (<http://www.airquality.utah.gov/Compliance/noburndays.htm>). Keeping fireplaces/wood-stoves clean can reduce the amount of smoke emitted. On yellow and red air days consider gas or other alternative heat sources. Wood stoves/fireplaces cannot be used on red air days, with few granted exceptions. Outdoor fire pits, and charcoal grills/smokers are also prohibited on mandatory no burn days. Violations may result in a fine of up to \$299.

7. Plant trees and vegetation

Trees and vegetation absorb and store carbon dioxide from the atmosphere and help to filter out air pollution. Water-wise landscaping is a good option that not only conserves water but also helps to improve the air through ease of maintenance and durability.

8. Compost yard waste

Outdoor burning of yard waste causes smoke to directly go into the air without any filtration. Composting or chipping yard waste allows for organic matter to be reused rather than being thrown away with garbage. Ogden City offers a site for residents to drop off green waste materials and to purchase compost, mulch and wood chips.

9. Monitor air quality

Making well-informed decisions allows personal actions to have an even greater impact. Watching for forecasted inversions helps you know when to focus most on air quality (<http://www.airnow.gov/>). It is best to avoid driving on red and yellow air days.

10. Encourage others to join the effort

Together we can all create a better and safer community. We all contribute to our local air quality so the more people who become engaged in this effort the better our quality of life. Ask friends and family to focus their choices on air quality to help to make our community an even better place to live, work, learn and play.

