Utah Physicians for a Healthy Environment

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Are YOU doing everything you can to reduce air pollution?

Did you know….Our homes are soon expected to become the #1 source of citizen produced air pollution, outperforming our vehicles! When we ask our legislature and industry to favor emission reduction measures, we will be far more credible if we can honestly say "Yes, I'm doing my part!"

Ways to reduce personal emissions. Most suggestions will also save you money!

AROUND THE HOUSE

- ADJUST THE THERMOSTAT – Turn furnace down in the winter, and up in the summer 5 degrees. You'll save money, energy and improve our air. Cold? Wear a sweater, socks and slippers. HOT? Sleep in the basement.
- WATER HEATER – turn it down slightly. REPLACING IT? Buy an ultra low NO_x model.
- SEAL DRAFTS – insulate your house by filling cracks around doors & windows and use window plastic in winter
- DON'T BURN WOOD - it produces some of the most toxic pollution, harming both you AND your neighbors.
- USE A CLOTHESLINE – clothes dryers pollute, even more so with scented fabric softener sheets. And your clothes will last much longer!
- CLOSE THE REFRIGERATOR – staring into the fridge or freezer forces it to work much harder to stay cold.
- CLOSE BLINDS AT NIGHT/OPEN DURING THE DAY in winter, reverse in summer
- USE NATURAL CLEANING PRODUCTS – vinegar and baking soda work wonders and will clean most everything.
- TURN OFF THE LIGHTS WHEN YOU LEAVE THE ROOM
- INSTALL SOLAR PANELS ON YOUR HOUSE

OUTSIDE THE HOME

- DRIVE LESS – carpool, take public transit, bicycle commute, make less trips by combining errands
- DRIVE SMART – stop and start gradually. Drive the speed limit, especially within the city.
- DON'T IDLE. It's the law and just makes sense.
- DON'T BURN WOOD, TRASH OR PLASTICS
- DON'T SMOKE CIGARETTES, PIPES OR CIGARS
- LIMIT USE OF GAS POWERED EQUIPMENT: lawnmowers, snowblowers, etc. Battery powered mowers work well and no gas needed! Replace grass with rocks, drought resistant plants & mulch and you'll save water too!

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