

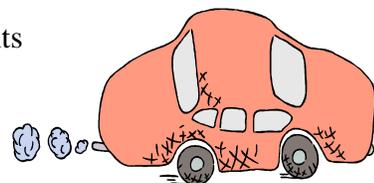
Kids 4 Better Air

Humans can survive weeks without food, mere days without water and only minutes without air. Healthy food and fresh water are fairly easy to come by but we tend to take it for granted that the air we breathe is clean. Sometimes the air we breathe is polluted.

Air pollution occurs when the air contains gases, dust or fumes in amounts which are harmful to our health. Activities like driving a vehicle, using electricity or even mowing the lawn produce air pollutants. These air pollutants can cause inflammation in our lungs which causes coughing and shortness of breath. The problem is worse for people with breathing problems like asthma. Fortunately, we can easily take action to reduce air pollution.

Take care when you cruise

- Consider walking or biking to your destination ~ No engine, no pollutants
- Car-pool if possible ~ Fewer vehicles, fewer pollutants
- Maintain your car or truck ~ Cleaner engines, fewer pollutants
- Get gas after supper ~ Cooler temperatures, less fuel will evaporate into the air



Take care of the yard



- Use hand tools for yard work ~ No engines, no pollutants
- Plant a flower garden using low maintenance plants ~ Less yard to mow, fewer pollutants
- Mow the lawn after supper ~ Cooler temperatures, less fuel will evaporate into the air

Save energy

- Turn off lights and other electronic devices when not in use ~ Save energy, fewer pollutants from power plant
- Reduce, reuse, recycle ~ Save energy, fewer pollutants from factory



Read all you can, tell others what you learned

- Visit the [Kansas Green Schools](http://www.kansasgreenschools.org) website and join the network ~ Learn about resources for schools (www.kansasgreenschools.org)
- Talk to your teacher about what the class can do at school for cleaner air

If you use your vehicle wisely, take care of your yard and save energy you will help clean the air we breathe. So spread the word about clean air in Kansas, your lungs will thank you.



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Learn more and visit **AL** at:
www.kdheks.gov/bar/kids_corner



Al ~
Kansas spokes-amphibian
for clean air