



Doing my part for our air quality

Emergency Air Quality Plan

I will know when the air will be unhealthy:

- I am signed up to receive email alerts when the air quality is poor.
- I can also watch the news, read the newspaper, or visit www.airquality.utah.gov for current conditions.

On yellow or red air quality days, I will take the following actions to protect our community's health

- I will **reduce driving** as much as possible.
- I and my children will **reduce strenuous activities** outside on yellow days, and avoid them on red days.
- I won't **burn wood**
- I won't use **gas powered snowblowers or lawn equipment**
- I will **shut off my car** when stopped for more than 10 seconds and **warm up my car** by driving rather than engine idling

Alternative Transportation for Work

- Walk or Bike**
- Ride public transit**
My route number(s) _____
Pickup location _____
Departure time _____
Return pickup location _____
Return departure time _____
- Carpool**
Carpool phone numbers:

Alternative Transportation for School

- Walk or Bike**
- Ride public transit**
My route number(s) _____
Pickup location _____
Departure time _____
Return pickup location _____
Return departure time _____
- Carpool**
Carpool phone numbers:

Alternative Transportation for Worship

- Walk or Bike**
- Ride public transit**
My route number(s) _____
Pickup location _____
Departure time _____
Return pickup location _____
Return departure time _____
- Carpool**
Carpool phone numbers:

Air Quality Emergency Plan Toolkit

What: This **Air Quality Emergency Action Plan toolkit** will walk you through the steps to create an action plan for yellow and red air quality days so you can be part of a movement to reduce the number of red air days and improve our community's health.

Why: Utahns pride themselves on their emergency preparedness. We have first responders, 72-hour kits, and earthquake readiness plans to keep our families safe. Breathe Utah believes that every Wasatch Front resident should also have an emergency air quality plan in place. Although the impact of air pollution is not as immediately obvious as some threats, research clearly shows that the health consequences are severe. The majority of winter pollution in Utah comes from mobile sources, i.e. our cars and trucks. **By creating and implementing your own the Air Quality Emergency Action Plan** you will be making a concrete difference in our air quality, **and in the health of yourself and our community.**

How: Know in advance when the air quality will be unhealthy; plan how to avoid or reduce driving on those days to lessen the health impacts of air pollution on our community; test the plan in advance to work out any problems before the red or yellow air days are upon us; share with others that you have made this plan to inspire them to create their own; and, finally, act on your plan, because now you will have a plan in place and will know exactly what to do when the air quality deteriorates.

Step 1) Know When the Air Quality is Yellow or Red.

- Sign up now to receive air quality alerts from the Utah Department of Air Quality, to know in advance when the air will be unhealthy. <http://www.deq.utah.gov/ListServ/> The local news and newspapers also report on the air quality.
- If you are not yet a member of Breathe Utah, sign up at www.BreatheUtah.com to receive updates and important info.

Step 2) Make Your Plan

1) **Plan How to Get Where You are Going Without Driving Alone.** Create a transportation plan in advance, so it is ready to implement on the yellow or red air day.

- **Walk or Bike:** Determine a route to walk to work, to your child's school or your place of worship if it is within walking distance. If the weather makes it possible, use your bike, or a combination of bike and public transit to get to work. Visit UTA's Bike commuting page at www.utarideshare.com and the Salt Lake Bicycle Collective at www.slcbikecollective.org for more info.
- **Public Transit:** Learn public transportation routes to the places you and your family go. Use UTA's trip planner at <http://www.rideuta.com/ridingUTA/tripPlanner/>

- Have schedules and routes printed and available, along with the necessary cash/coins set aside if necessary, to avoid last minute scrambling.
- Determine the extra time you will need, so you can plan for necessary schedule adjustments.
- **Carpools:** Set up carpools for school, work, and place of worship so they can be easily put into place as needed.
 - For work
 - Register at UTA's rideshare at www.utacommuter.com to find others looking to carpool.
 - Ask your HR department if they can set up a carpool program within the office. There are programs for groups and employers available such as E-Rideshare www.erideshare.com.
 - For school and place of worship
 - Talk with neighbors and set up a carpool plan in advance for red and yellow air days. Visit Divide the Ride www.dividetheride.com to set up your school carpool with parents you trust.
 - Talk to the principal and/or clergy about instituting a carpool program, to make carpooling easier to set up.

2) Set up a Telecommute Plan. Talk to your employer in advance about allowing telecommuting on yellow and red air days.

- Print out the [Telecommuting Tip Sheet \(pdf\)](#) to see if telecommuting works for you and to help walk you through the discussion with your employer.
- Refer your employer to the [TravelWise strategy page](#) for the business benefits of telecommuting and to Breathe Utah's [Air Quality information](#) page or the Dept. of Air Quality's [Choose Clean Air website](#) for air quality information to help them with their decision.

3) If you Must Drive, Drive Smarter: If you anticipate that you must drive alone on yellow or red-air days, learn in advance about how to make most efficient trips possible

- **Trip Chain:** link your errands together to reduce pollution from "cold starts".
- **Don't Idle:** turn off your car if you will be idling for 10 seconds or more and avoid idling as a way to "warm up" your engine (modern engines don't need it).
- **Avoid drive-throughs.**
- **Avoid congested roadways** with www.utahcommuterlink.com

4) Plan for Reduced Outdoor Activity

- Reduce strenuous activity on yellow air quality days and avoid all strenuous outdoor activity on red air days.
- Ensure that your child's school has the air quality recess guidelines and intends to implement them. The guidelines are [available as a pdf](#).
- Have indoor physical activities for kids planned in advance. Some sources of ideas: <http://www.getkidsinaction.org/rainy-day/> and http://www.foodlinkny.org/pdfs/Physical_Activity_Ideas_for_Kids.pdf

Step 3) TEST, SHARE, and ACT

1) **Test Run:** Do a test run of your plan on a good air quality day to work out the kinks. Be sure to update your plans as public transportation schedules change or carpool details are rearranged.

2) **SHARE:** Let others know about the Air Quality Emergency Action Plan. By getting other's to plan ahead, you will help reduce the number of red air days along the Wasatch Front.

- Tell your city council/[state rep.](#), etc. that you created your own personal red air action plan, and ask them to follow your lead with their own city and state-wide plans.

- Tell others at work, school, etc. and post on facebook about your plan and encourage them to do so.
 - Sample email test: I just created my Air Quality Emergency Plan so that I can help reduce the number of red air days in Utah and protect our community's health. Go to Breathe Utah at www.breatheutah.org to create your own.
 - Share with your friends on Facebook.

3) **ACT:** When you get the notice that it is an air alert day, put your plan into action.

- Pull out your Emergency Air Action Plan and follow your pre-planned steps.
- Don't burn any wood.
- Shovel snow instead of using a gas powered snow blower.
- Eliminate all unnecessary driving trips. Reschedule meetings, appointments, errands, etc. until the air clears.
- Walk, carpool or use transit to get to school, work or worship service.
- Limit or eliminate outdoor exercise, especially by children.
- Certain filters and room air cleaners can help reduce particles indoors. Information on filters and air cleaners is available at: www.arb.ca.gov/research/indoor/particles.htm

KEEP IT UP ALL YEAR!

- Participate in the [Clear the Air Challenge](#) through Salt Lake Solutions.
- Use Utah Department of Transportation's [Travelwise Tracker](#) to see how your efforts add up.
- Learn More about [steps you can take everyday](#).

Air Quality Emergency Plan

Step 1) **KNOW:** Sign up now to receive air quality alerts from the Utah Dept. of Air Quality.

Step 2) **PLAN:** Make your plan in advance to avoid or reduce driving.

- Learn public transportation routes to the places you and your family go.
- Set up carpools for school, work, place of worship in advance so they can be easily put into place as needed.
- Talk to your employer in advance about allowing telecommuting on red-air days.
- If you must drive alone on red-air days make the most efficient trips possible by trip chaining, not idling, avoiding drive-thrus, and avoiding congestion.
- Plan for reduced outdoor activity for yourself and your children.

Step 3) **TEST, SHARE, ACT:**

- **Test:** Do a test run of your plan on a good air quality day to work out the kinks.
- **Share:** Tell friends, co-workers and your state and local representative that you have created a red-air day action plan, and urge them to do the same.
- **Act:** When you get the notice that it is an air alert day, put your plan into action!

*Breathe*UTAH

www.BreatheUtah.org