



# BECOME A CLEAN AIR CADET

Ground-level ozone pollution is bad stuff! It makes us sick, hurts our eyes, and is really unhealthy for kids and grown ups with asthma. Lots of things cause ozone pollution, like cars, trucks, lawn mowers, paint, and factories. But when we work together, we can make sure there's clean air for all to share!



LET'S TAKE CARE OF OUR SUMMER AIR  
[SimpleStepsBetterAir.org](http://SimpleStepsBetterAir.org)

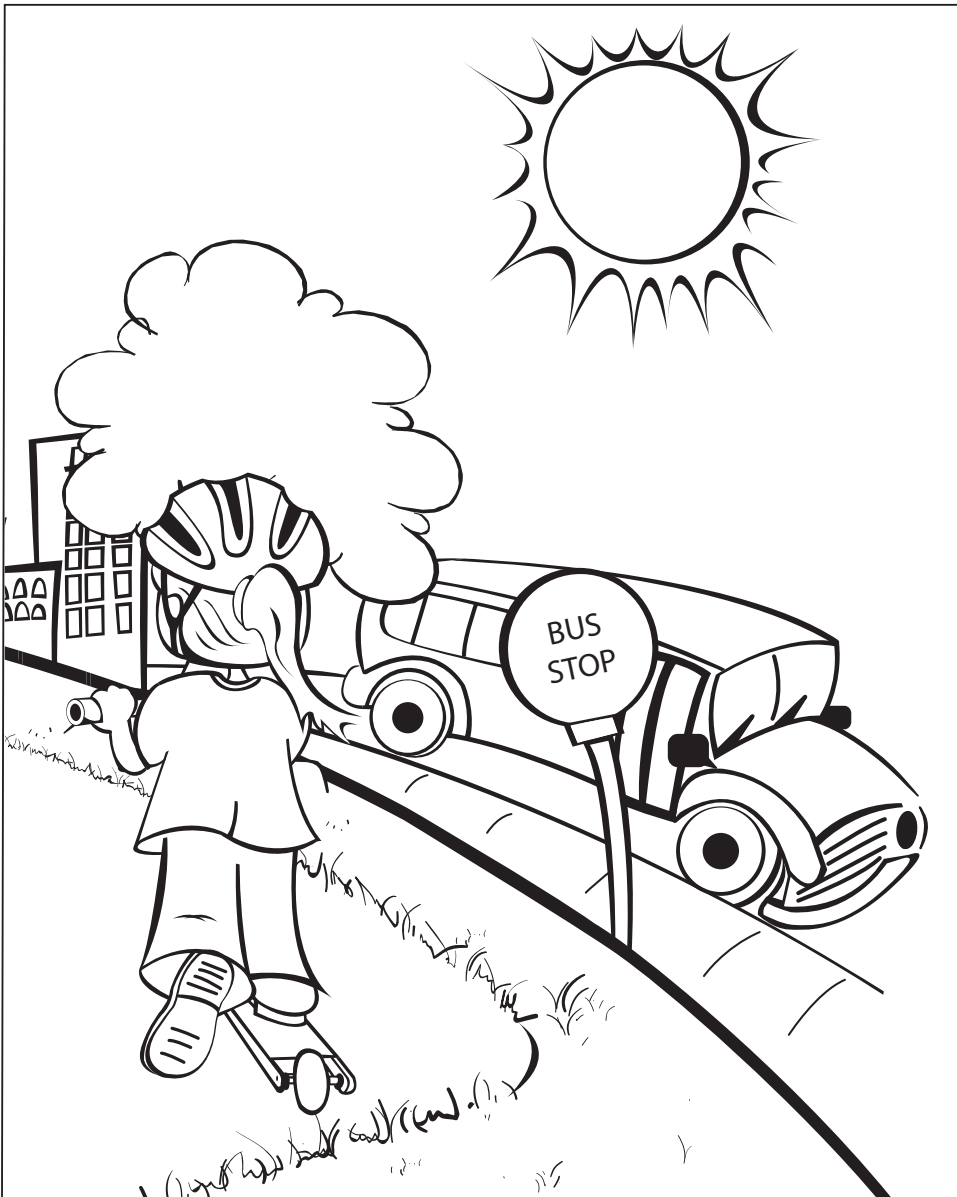
There are two kinds of ozone in the world. One is high in the atmosphere and protects us from the sun's harmful rays. The other is bad for our health and is where we all live. We call this ground-level ozone pollution. We all produce ozone pollution, but by making small changes in our day we can create less ozone pollution and do our share for cleaner air. Every person can make a difference in our air quality.

Here are some things that you and your family can do this summer to help:

- Take the bus, light rail, walk, or ride your bike instead of driving
- Carpool to school, work, and activities
- Mow your lawn after 5 p.m.
- Put gas in your car after 5 p.m.
- Stop at the click when putting gas in your car
- Tune up your car
- Choose low VOC products
- Avoid unnecessary idling
- Use electric lawn equipment
- Tightly cap solvents
- Check your tire pressure
- Keep your car well maintained
- Combine errands and drive less
- Make a smart vehicle choice
- Tell your family and friends about ozone pollution — spread the word!



# COLOR IN THIS PICTURE OF KIDS HELPING TO CLEAN THE AIR



# SHOW US WHY YOU LOVE COLORADO

Protecting our summer air is important because it allows us to do the outdoor activities we love. In the space below, draw a picture of your favorite summer activity.



# WHAT'S THE WORD ON OZONE?

D U W O X Y G E N N A I R L A  
B U S E S R C E O T R E E U W  
B R E A T H E I K W A L K N A  
A B C E R J T O Z O N E C G R  
S I A B N U H E A L T H A S E  
T K R T L C A R S G K O C I S  
H E P L U F K Q U A L I T Y M  
M Q O L I G H T R A I L I N O  
A P O H W E A T H E R S O U K  
R V L E N V I R O N M E N T E

ACTION  
AIR  
ASTHMA  
AWARE  
BIKE  
BREATHE  
BUSES

CARPOOL  
CARS  
ENVIRONMENT  
HEALTH  
LIGHTRAIL  
LUNGS  
OXYGEN

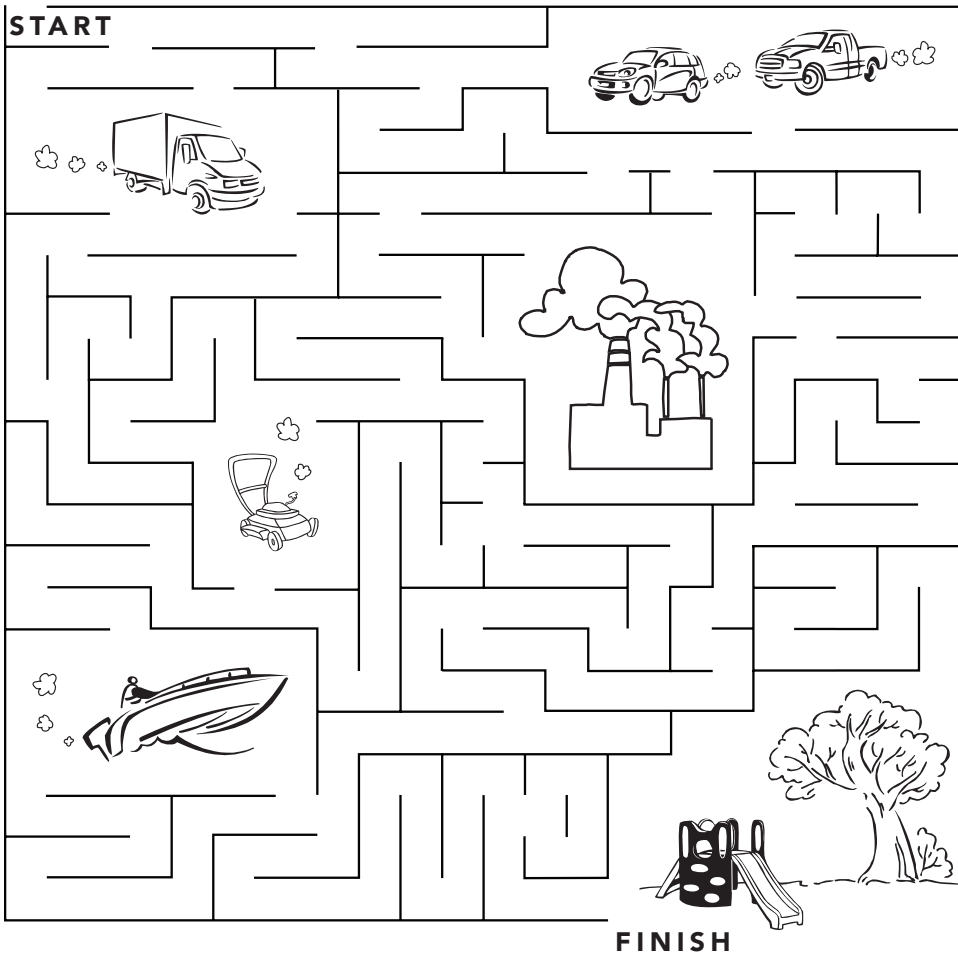
OZONE  
POLLUTION  
QUALITY  
SMOKE  
TREE  
WALK  
WEATHER

# OZONE POLLUTION MAZE

See if you can safely avoid ozone pollution as you make your way to the park. When we encounter ground-level ozone, we can get itchy eyes and have trouble breathing. Sometimes we may not feel anything, but our bodies can still be affected.




On an ozone action day, it can be bad for us to exercise outdoors. When we exercise, our breathing rate goes up and we breathe in even more pollution.



# DRAW YOUR OWN COMIC

Clean Air Cadets know that biking instead of driving is good for Colorado's air. Finish the comic strip by telling us where you like to bike.

	
	THE END

# FAMILY OZONE ACTION PLAN

Talk about any changes that you might be able to make as a family to help reduce ozone pollution and make a plan of action using the chart below. Your family may not be able to do all of the behaviors on the list, but making even just one change will make a big difference!

## EXAMPLE

Take the bus or lightrail	Mom	To work on Tuesdays and Thursday
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## YOUR TURN

OZONE REDUCING BEHAVIOR	WHO WILL DO THIS BEHAVIOR?	WHEN OR WHERE WILL THIS BEHAVIOR TAKE PLACE?
Carpool		
Walk		
Bike		
Take the bus or lightrail		
Mow the lawn after 5 p.m.		
Refuel the car after 5 p.m.		
Stop at the click when refueling		
Tune up the car		
Choose low VOC products		
Avoid unnecessary idling		
Check tire pressure		
Tightly cap solvents		
Combine errands and drive less		
Use electric lawn equipment		



# IT'S OZOMETER TIME!

Congratulations! Now that you've created an ozone reduction action plan with your family, you can start tracking your behaviors using the OzoMeter. This cool online tracking tool will show you how much you're helping to improve our air, and it will show you how much money your family is saving by driving less. Let's do a practice exercise on the OzoMeter for fun!

- > Go to [SimpleStepsBetterAir.org](http://SimpleStepsBetterAir.org) to get started.
- > Click on the OzoMeter to see how the tool works.
- > Imagine that your family biked two miles to the grocery store today instead of driving.
- > Type your mileage (2 miles), today's date, and mode of transportation (bike) into the boxes provided.
- > Click "Quick Calculate."
- > How many ozone-causing emissions have you reduced?

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- > How much money has your family saved?\_\_\_\_\_
- > Now, imagine that your family took the bus or light rail to visit a relative 30 miles away.
- > How many ozone-causing emissions have you reduced in this scenario?

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- > How much money has your family saved?\_\_\_\_\_
- > What other scenarios can you think of to plug into the tool?

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- > What happens when you submit these scenarios?

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# CONGRATULATIONS! YOU'RE A CLEAN AIR CADET.

You've got a family plan, and now you know how the OzoMeter works too. So, now you can start using the OzoMeter to actually track your family's ozone reducing behaviors! Click on the "Register" button, then fill out and submit the registration form to begin tracking your family's activities.



Once you register and begin tracking, you will see how much you and your family are helping improve our air quality in the Denver Metro Area. Be sure to track your behaviors regularly. You're a Clean Air Cadet, and your actions are making a big difference!





Ground-level ozone pollution season lasts from June 1 through August 31 in the Denver Metro Area. During this time, the Regional Air Quality Council issues Ozone Action Alerts to let the public know when ozone may reach potentially unhealthy levels. Check ozone levels and sign up to receive ozone alerts by e-mail at [SimpleStepsBetterAir.org](http://SimpleStepsBetterAir.org).



It is important that we all do our part to help reduce ozone in the summer months.



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