

AUGUST SUSTAINABILITY CHALLENGE

Cleaning Our Air for a Healthier Community

WHAT IS CLEAN AIR ACTION DAY?

Clean Air Action Day (CAAD) is a day for North Texans to come together to take action for clean air. The annual celebration is put on by [Air North Texas](#), and this year looks a little different due to the pandemic.

Many social distancing strategies such as working remote, can double as clean air strategies in the fight against COVID-19.

To take the CAAD pledge and get ideas on steps you can take, go to airnorthtexas.org/socialdistancing. Be sure to enter UNTHSC under "Organization".

AIR QUALITY FACTS

-  North Texas remains in nonattainment for ozone pollution.
-  Ozone at ground level is a harmful pollutant and is the main ingredient in smog according to the EPA.
-  Primary emissions of ozone include off-road vehicles such as lawn and construction equipment, aircraft, etc.; on road vehicle; cement and power plants; area sources such as oil drilling, paint shops, and dry cleaners; and biogenic sources like forest fires
-  Persons with asthma or respiratory problems and young children are especially susceptible to harmful effects from ground-level ozone.

Source: airnorthtexas.org/airquality



WAYS YOU CAN TAKE ACTION

-  Sign up for air pollution alerts by clicking [here](#). You'll be notified when ozone levels are predicted to be unhealthy so you take precautions and limit actions that would add to poor air quality.
-  Familiarize yourself with the Air Quality Index (AQI) which helps people understand the severity of pollution and the related health impacts. Click [here](#) and scroll to the bottom. Click on the colors to learn more.
-  Have kids? Here are some [resources](#) for parents or teachers to help children understand the importance of our actions.
-  Check out the Clean Air Corner which provides articles for North Texans. Some include "[Sustainable Summer Activities](#)" and "[Tips for Working From Home](#)".