Protecting your family from air pollution in the Pikes Peak Region

CHILDREN

AND AIR QUALITY

Pikes Peak Area Council of Governments

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Pikes Peak Area Council of Governments is encouraging parents and guardians by reducing their children's exposure to outdoor air pollution. Children with asthma or respiratory concerns are especially sensitive to poor air quality.

The pollutant of concern in our region is ozone. Ozone is a gas reacted from nitrogen oxides, volatile organic compounds and sunlight. Vehicles emit ozone, along with industry and also occurs in the natural environment.

All children, including teenagers, are considered a sensitive group for air pollution. They play outdoors more while their lungs are still developing.

**WHAT CAN I DO TO PROTECT MY CHILD?**

- Check the daily air quality forecast at airnow.gov or download the AirNow app
- If the air quality forecast shows moderate or higher status, limit outdoor play
- Work with your school administrators to ensure your child’s safety on high ozone days
- Promote ozone reduction efforts to friends, family and your community

**WHAT CAN I DO TO REDUCE OZONE POLLUTION?**

In addition to reducing exposure to air pollution when it occurs, you can also help reduce air pollution levels by avoiding activities that can contribute to poor air quality. Things that you can do to help reduce emissions, particularly on days when air quality is forecast to be “Moderate” or worse include:

- Encourage your children to walk, bike or take public transit
- Avoid unnecessary car trips
- Use gasoline-powered appliances later in the day

For more information on air quality in the Pikes Peak Region:

- [www.facebook.com/ppacg](http://www.facebook.com/ppacg)
- [www.twitter.com/ppacg](http://www.twitter.com/ppacg)
- [www.instagram.com/ppacg](http://www.instagram.com/ppacg)