



Tips to Clean the Air

Keep your emissions in check

Participating in your state's emissions testing program helps clean the air you breathe and helps catch small problems before they become bigger, more expensive repairs.

Pay attention to your car's warning messages

The "Check Engine" and "Service Engine Soon" messages warn you that your engine is not performing well and may be polluting too much. Bring your car to an authorized repair facility as soon as you see these warning lights.

Give your car regular tune-ups and maintenance

Getting regular tune-ups and oil changes and keeping your tires properly inflated help reduce fuel use and air pollution.

Be fuel savvy

During warm weather, fill your tank in the evening to reduce air pollution. And to prevent gases from polluting the air, don't top off your tank when you fill up.

Drive smart

Combine errands into one sensible trip to reduce traffic congestion and air pollution. Your car's engine cools down in about an hour, and starting it cold generates up to five times the pollution of starting it hot. Also, share rides, take mass transit, and bicycle or walk whenever possible.

Keep your car inspected and pay attention to the "Check Engine" light, because when your car's emissions control system fails, it can harm your car and your health.

By participating in your state's emissions testing program, you are joining in the effort to reduce air pollution and protect public health.

In addition to emissions testing, practicing good car maintenance and driving habits help prevent pollution year-round. Throughout the year, follow the "Tips to Clean the Air" and make us all breathe a little easier.

Air Quality of Life™ is an education initiative sponsored jointly by:



Northeast States for
Coordinated Air Use
Management (NESCAUM)
www.nescaum.org

It all adds up to cleaner air www.italladdsup.gov



American Lung Association (ALA)
www.lungusa.org

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Drive Cleaner. Breathe Cleaner.

Car emissions testing
benefits the air, your
car, and your health.



www.aqol.org

How does driving my car affect the air I breathe?

Motor vehicle exhaust from cars, vans, and SUVs is a major source of pollution. Despite improvements in emissions control systems, air pollution from cars remains a public health problem due to the number of vehicles on the road and the amount we drive. Last year alone, motorists in the U.S. drove over three trillion miles, and every 20 years the amount we drive doubles. That's why we need emissions testing programs to help curb increases in air pollutants, such as ground-level ozone, fine particles and air toxics.

Care for your car.
Care for the air.

Ground-level ozone

When pollution from your vehicle combines in the presence of heat and sunlight, ground-level ozone – commonly known as smog – is created. Studies have linked smog exposure to lung damage.

Fine particles

Fine particles result from the incomplete combustion of fuel and pose a serious health risk since they can be inhaled deeply into the lungs. Scientific research has linked fine particles to respiratory and cardiac health effects, and even to premature death.

Air toxics

In addition to contributing to smog and particulate pollution, your car also produces pollutants called air toxics. The EPA estimates that 30% - 60% of air toxics in major cities come from motor vehicles. Several air toxics from your car are thought to increase the risk of cancer.

It all adds up to cleaner air



Did you know?

- Over 130 million people in the U.S. still live in areas with unhealthy air.
- Passenger vehicles account for over 20% of air pollution emissions nationwide.
- A poorly maintained car can release as much as 100 times the pollution of a well maintained car.

Long-term, repeated exposure to vehicle emissions may:

- Increase the risk of cancer.
- Reduce lung function in children.
- Contribute to premature death of people with heart and lung disease.
- Aggravate or bring on asthma attacks.
- Aggravate respiratory illnesses.



Why should I care about air pollution?

Breathing polluted air can cause a number of serious health effects to the lungs and the heart, as well as elsewhere in the body.

Children, older adults, people with heart or lung diseases, and those who work and exercise outdoors are potentially the most at risk from air pollution.

How does emissions testing benefit me?

Your state requires emissions testing to protect public health. Emissions inspections let a driver know when a car's pollution control devices are malfunctioning and when fuel is being wasted. Detecting and repairing problems saves on car repairs and reduces air pollution.

- Emissions testing programs identify vehicles that excessively pollute the air you breathe.
- When a polluting vehicle is repaired, its dirty emissions are reduced by as much as 80%.
- Vehicle inspection programs encourage proper car maintenance, which saves you money in the long run.
- The American Lung Association supports emissions testing programs as an important way to reduce air pollution and the related adverse health effects.



Cleaner Air for Healthy Living.

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