



Santa Barbara County  
Air Pollution Control District  
www.sbcapcd.org

Our Vision  Clean Air

## What Kids Can Do To Help Clean Our Air

1. Walk!



2. Bike!



3. Ride the Bus or Carpool!



4. Recycle!

5. Turn off the lights to conserve energy!

6. Ask Mom and Dad to help (by keeping their cars tuned and not topping off at the gas pump)!

7. Learn more about our air and tell your family and friends!

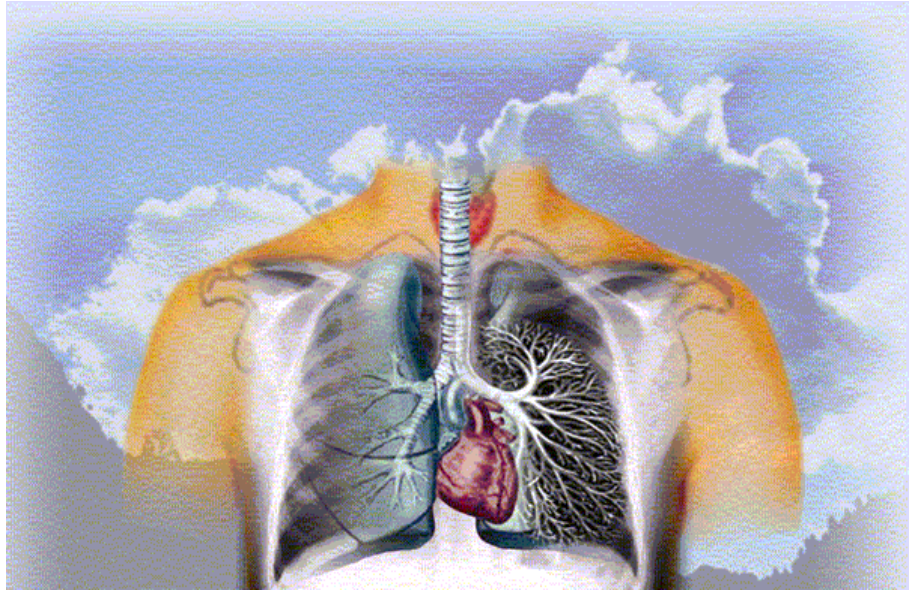


Turn the page to find out more about kids and air pollution...

# Kids and Our Air

Dirty air is hard on kids.  
It's harder on kids than on many adults.  
Why?

- Kids breathe more often than adults.
- Kids play outside more during the hottest, smoggiest parts of the day.
- Kids' lungs are still growing and developing, so they're more sensitive to air pollution.



- **Air pollution can help cause early childhood asthma, and can make symptoms worse in kids who already have asthma or other lung problems.**
- **Air pollution can also affect the growth of kids' lungs.**
- **We need to keep our air clean!**

**Go to [www.sbcapcd.org/students.htm](http://www.sbcapcd.org/students.htm) for all the info!**