**OUTDOORS**

1. Minimize air pollution from cars.

2. Walk, bike or use public transportation.

3. Save energy.

4. Maintain your wood stove or fireplace.

5. Recycle & buy recycled products.

6. Consume less & choose sustainable products.

7. Eat local, organic produce & less meat.

8. Grow your own food.

9. Plant trees.

10. Raise awareness – environmental education at schools.

11. Free public transport days.

**INDOORS**

1. Keep air-purifying indoor plants.

2. Use natural products.

3. Do not smoke indoors.

4. Keep indoor humidity low.

5. Clean dust.

6. Use air purifiers.