

## Reduce Energy Use, Reduce Smog

Air pollution is a year round problem. Every time we drive our vehicles and use energy in our homes, we are burning fossil fuels and sending pollutants into the air. Air pollution affects everyone's health, especially the elderly, children and people with heart or lung conditions. The Air Quality Health Index reports the health risk associated with local air pollution levels. Be sure to check it each day to safely plan your outdoor activities. For more information, call 311 or visit [www.toronto.ca/health](http://www.toronto.ca/health) (see A-Z index, Air quality—Air Quality Health Index)

**20/20 The Way to Clean Air** helps you reduce home energy and vehicle use by 20 percent. 20/20 connects participants to a range of home energy and transportation services. It provides participants with a 20/20 Planner—a step-by-step guide to saving energy at home and on the road. Call 311 for your free copy or visit [www.toronto.ca/health](http://www.toronto.ca/health) (see A-Z index, Air quality—20/20 The Way to Clean Air).

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Call **3•1•1**

[toronto.ca/health](http://toronto.ca/health)

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