



Key Messages for Every Season

Spring

1. ***Care for your car.*** Regular maintenance and tune-ups, changing the oil, and checking tire inflation can improve gas mileage, extend your car's life, and increase its resale value. It also can reduce traffic congestion due to preventable breakdowns and it could reduce your car's emissions by up to 50%.
2. ***Care for yourself.*** Walking and bicycling are great ways to travel, they're easy ways to get exercise, and they're easy on the air. Passenger cars and trucks create more than 25% of all air pollution nationwide.
3. ***Spread the word.*** If everyone took just a few of these simple, easy steps, it could make a big difference, because -- It all adds up to cleaner air!

Summer

1. ***Refuel when it's cool.*** Refueling during cooler periods of the day or evening can prevent gas fumes from heating up and creating smog or "ozone." And that helps reduce unhealthy air days, especially in the summer.
2. ***Don't top off your gas tank.*** It releases fumes into the air, which cancels the benefits of the pump's anti-pollution devices. So stopping short of a full tank helps keep gas off of you and reduces pollution.
3. ***Use less gas.*** Not idling, maintaining your car, keeping your tires properly inflated and buying or renting a low-emission fuel-efficient car will help you use less gas, save money and reduce air pollution.

Fall

1. ***Take mass transit,*** and consider riding your bike or walking to the bus stop instead of driving. Even if you do it just once or twice a week, you'll reduce traffic congestion and pollution...and save money. The average driver spends 56 cents per mile on car ownership and maintenance expenses.
2. ***Ride your bike or walk instead of driving.*** These are easy ways to get exercise and are easy on the air. Vehicles on the road create more than 25% of all air pollution nationwide.
3. ***Share a ride or car pool.*** Every time you share a ride, you're helping to reduce emissions by almost half.

Winter

1. ***Trip chain more often.*** By combining your errands – or trip chaining – you will save time, while reducing air pollution and traffic congestion.
2. ***Telecommute.*** Work at home when you can. You'll reduce harmful emissions, traffic congestion, and your stress level, while saving yourself time and money.