

# 20/20 THE WAY TO CLEAN AIR



## The 20/20 Planner:

A booklet to help students and their families conserve energy to make our air cleaner and reduce climate change

STUDENT  
NAME

CLEAN AIR  
BUDDY'S NAME



# What is 20/20 The Way to Clean Air?

Is it a bird, is it a plane?

**NO! It is a way to help keep the air clean.**

Hello students! Welcome to *20/20 The Way to Clean Air* - a program that helps you and your family reduce home energy use and vehicle use by 20%. Thanks for joining thousands of other students participating in 20/20 and helping to clean the air and reduce the impact of climate change. Are you up for the challenge?

When you participate in 20/20, you will become the teacher! Why teach? Mr. Joseph Joubert, who was a famous writer born in 1754, said that when you teach something, you really learn it twice. Over the next few weeks, you will teach your family about conserving energy and learn more about how energy use affects the air and our health. This booklet is full of activities and tips to do **at home** that will help your family become champions for clean air through two main sections:



Reducing home energy use by **20%**

AND



Reducing vehicle use by **20%** too!

**That is why we call this program 20/20 The Way to Clean Air!**



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## How can you participate?

### It's easy if you follow these simple steps:

- 1** Choose someone at home who would be willing to be your student (call this person your Clean Air Buddy). Who will it be? Your Clean Air Buddy could be your mom or dad, an older brother or sister, or an adult friend.
- 2** Take this booklet home and follow it page by page as you inspire and teach your Clean Air Buddy to learn more about energy conservation. Start by having your Buddy read the “Dear Clean Air Buddy” letter on the next page.
- 3** Finally, talk together about what you have learned. Maybe there are things that you would like to learn about in the future? Continue your learning together as you move towards the way to clean air.
- 4** Visit [www.cleanairpartnership.org/2020](http://www.cleanairpartnership.org/2020) to complete the online pledge form and greenhouse gas calculator and have your actions added to thousands of other 20/20 participants' actions. Together we can make a difference and as an added bonus you will be automatically entered into the 20/20 prize draw.

**Is there any on-line support?** Yes! A special PowerPoint slide show has been created to help you and your Clean Air Buddy. If you have a computer and Internet access, you can go to [www.cleanairpartnership.org/2020](http://www.cleanairpartnership.org/2020) and download the program. It appears just like a slide show, but with spoken words, so be sure to have a set of speakers handy. If you don't have a computer, that's okay too. Just read through this booklet and have fun.



(Students, please show this letter to your Clean Air Buddy at home)

Dear Clean Air Buddy:

“Unless someone like you cares a whole awful lot,  
Nothing is going to get better. It’s not.”  
— Dr. Seuss

This quote is from a children’s story written by Dr. Seuss called “The Lorax”. The Lorax, who is the main character of the story, inspired people to stop polluting and start protecting the environment. *20/20 The Way to Clean Air* is a program that inspires and helps families to protect the environment by helping them to reduce air pollution, which is good for our health. It does this by teaching them how to reduce home energy use and vehicle use by... you guessed it... 20 percent!

**Will you care a whole awful lot?** The first step to improving our air is to participate in 20/20 as a partner in a young person’s learning. As a partner, you will come to be known as a “Clean Air Buddy”.

**Why participate?** Not only will you reduce energy use and save money, but you will be able to spend meaningful time with \_\_\_\_\_ as you work together to make the air cleaner in your neighbourhood and beyond. 20/20 has something for everyone. There are lots of actions you can do whether you live in an apartment or a house.

**Who is involved?** 20/20 comes to you from the Clean Air Partnership who is working in partnership with Greater Toronto Area and other Ontario region health units, school boards, and the EcoSchools program.

Things can get better when someone like you cares a whole lot! Have fun!

# What is inside of this 20/20 Planner?

## Home Energy Planner (Helps you reduce home energy use by 20%)

	Page	Activity	Learn about...
<b>Section One:</b>	<b>4</b>	<b>Home energy savers' quiz</b>	Energy use in your house, apartment or condominium
	<b>5</b>	<b>Home energy savers' checklist Part I</b>	Saving energy (and money) for two weeks (After two weeks, <b>send this checklist back to the teacher</b> or complete it online at <a href="http://www.cleanairpartnership.org/2020">www.cleanairpartnership.org/2020</a> )
	<b>7</b>	<b>Home energy savers' checklist Part 2</b>	Saving energy (and money) beyond two weeks
	<b>9</b>	<b>Apartment (or condo) - energy savers' checklist</b>	Saving energy in your whole building (This activity is for families who live in apartments or condos)



To find out the greenhouse gas reduction associated with your selected 20/20 actions use the 20/20 pledge form and online calculator at [www.cleanairpartnership.org/2020](http://www.cleanairpartnership.org/2020), by entering your actions you will also be automatically entered into the 20/20 prize draw.

## Transportation Planner for students whose Buddies drive a vehicle. (Helps you reduce the amount you drive by 20%)

	Page	Activity	Learn about...
<b>Section Two:</b>	<b>10</b>	<b>Leave your car at home</b>	Getting around using cleaner ways of commuting
	<b>11</b>	<b>Emissions be gone!</b>	Reducing tailpipe pollution
	<b>12</b>	<b>How far do you go?</b>	Estimating how much you drive in a week
	<b>13</b>	<b>Clean the air</b>	Reducing your driving for two weeks (After two weeks, <b>send this checklist back to the teacher</b> or complete it online at <a href="http://www.cleanairpartnership.org/2020">www.cleanairpartnership.org/2020</a> )

## Section One: Home Energy Planner

For students whose Clean Air Buddies live in a house, apartment or condominium



# Home energy savers' quiz

Does your air conditioner use a lot of electricity? Is it good to light your home with regular lightbulbs? Would a newer furnace help reduce your energy bill? The answers to these and more energy saving questions can help you reduce your home energy use.

But before we give you the answers, we want you to have some fun! Students, challenge your Clean Air Buddy with the following questions. Place an  in the box which corresponds to your answer. Then, **check your answers on pages 15 and 16.** Good luck!

	Statement	True	False
1	Using fans can reduce your air conditioner (A/C) use by half.		
2	Wrapping your windows with plastic does not do anything to prevent the heat from escaping your home in the winter.		
3	Compact fluorescent light bulbs (CFLs) use more energy than regular light bulbs.		
4	You can reduce your home energy use by 20% by replacing an old furnace with a high-efficiency one.		
5	Sealing your home too tightly can cause indoor air problems that could affect your health.		
6	Laundry soaps will only work in hot water.		
7	Turning down your thermostat by 2°C in the winter can save you up to 3% of your heating costs.		
8	Installing a low-flow showerhead could save you up to \$1,400 in energy costs over five years.		
9	In 2008, air pollution contributed to 9,500 early deaths and over 16,000 hospital admissions in Ontario.		
10	A tap that leaks one drop of water per second can fill 724 glasses of water in one week.		



## Home energy savers' checklist - Part 1

How can you save energy (and money) for two weeks?

Check off some or all of the activities listed below and try them for two weeks. **Students, after two weeks, fill in the back of this checklist and return it to your teacher or fill it in online at: [www.cleanairpartnership.org/2020](http://www.cleanairpartnership.org/2020).** If you and your Buddy do everything on the list, you will reduce your home energy use by 5%, which saves money and helps the environment. So be sure to keep up with your activities even after two weeks!

WILL DO THIS FOR 2 WEEKS

ALREADY DO THIS

### Energy Saving Activity




**Example - Set thermostat (for heating) down... etc.**



Set thermostat (for heating) down 1°C during the day and/or 2°C at night



Set thermostat (for cooling) up 1°C during the day and/or 2°C at night



To keep the heat in (during winter), close window coverings each night and open for the daylight hours on sunny days



To keep the cool air in (during summer), close window coverings for the daylight hours on sunny days



Clean or replace your furnace filter (should be done every two months)



Use cold water instead of hot water to wash your clothes



Reduce the number of drying cycles by half (by hanging your clothes or making sure your dryer is full)



Keep all air vents and doors to unused rooms closed when your furnace or air conditioner is on



Clean the coils on the back of your refrigerator by brushing off or vacuuming the dust



Use your dishwasher only when full; use the energy-saving or light wash cycle; choose the air dry option



Turn off lights, computers, TVs and DVDs; to reduce “phantom” or “stand-by” power use, plug electrical items into a power bar and switch it off when you aren’t using them



Close the fireplace damper or air-tight fireplace door after you use your fireplace



# Home energy savers' feedback form

Students! Please fill out this page with your Clean Air Buddy, cut it out, and bring it to your teacher.

Your teacher will then mail this form to: 20/20 The Way to Clean Air / Clean Air Partnership / 75 Elizabeth Street / Toronto, Ontario M5G 1P4

## Help Us To Learn

Let us know if you have completed Part 1 (page 5) and whether you plan to complete Part 2 (pages 7 and 8) by checking off one of the choices below:

- We have completed Part 1 but WILL NOT be doing Part 2.
- OR
- We have completed Part 1 and WILL be participating in Part 2 later on. By doing so, we will help conserve even more energy (like thousands of other 20/20 participants!) by trying to reach 20% reduction in home energy use.

Student name

School

Grade

Teacher

## Keep In Touch

The 20/20 program would like to send you program updates and measure how your actions have helped to improve air quality in your community.

- We give 20/20 permission to contact us.**

Name of buddy, parent or guardian

Address

City/town

Postal code

Phone

( )

E-mail

PLEASE PRINT CLEARLY

- We do not wish to be contacted further by 20/20.**





## Home energy savers' checklist – Part 2

Are there more ways to save energy (and money)?

Yes! Make a plan to complete this checklist over time and enjoy getting closer to 20% in energy savings. Complete the 20/20 pledge form online at [www.cleanairpartnership.org/2020](http://www.cleanairpartnership.org/2020) and it will automatically provide the total greenhouse gas reductions associated with your actions. You will also be automatically entered into the random draw for 20/20 prizes.

Energy Saving Activity	Column 1		Column 2
	WILL DO THIS	ALREADY DO THIS	ENERGY REDUCTION
<b>Stuff you do everyday (Part 1 actions)</b> Continue with the easy-to-do checklist from Part 1 on page 5	<input type="radio"/>	<input type="radio"/>	5%
<b>Turn it up, turn it down (heating and cooling)</b> Set thermostat for heating down: (select one) <ul style="list-style-type: none"> <li>By 2°C 24 hours a day</li> <li>By 2°C at night only</li> <li>By 2°C during the day and 3°C at night</li> </ul>	<input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/>	6% 2% 8%
Set thermostat for cooling up: (select one) <ul style="list-style-type: none"> <li>By 2°C higher 24 hours a day</li> <li>By 4°C higher at night only</li> <li>By 2°C higher during the day and 4°C at night</li> </ul>	<input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/>	1% 1% 2%
Use fans to reduce air conditioner use by half	<input type="radio"/>	<input type="radio"/>	2%
<b>Stop the drafts!</b> <ul style="list-style-type: none"> <li>Seal and weather-strip doors and windows</li> <li>Cover windows and unused doors with plastic sheeting</li> <li>Put special foam liners into electrical outlets and light switches, and insert childproof plugs in the same outlet (especially on outside walls)</li> </ul>	<input type="radio"/>	<input type="radio"/>	10%
Upgrade attic insulation to R40 (about a foot in depth)	<input type="radio"/>	<input type="radio"/>	5%
Upgrade basement insulation to R-18	<input type="radio"/>	<input type="radio"/>	10%
Install energy-saving windows throughout your house	<input type="radio"/>	<input type="radio"/>	3%
Permanently seal an unused fireplace	<input type="radio"/>	<input type="radio"/>	3%
<b>Don't get steamed (heating water)</b> Lower hot water tank temperature by 5°C and aim for the ideal energy savings temperature of 49°C (run hot water from your tap onto a meat thermometer to figure out the temperature.) <i>Note: Do not turn your hot water heater down if it is electric. With this type of heater, the water is warmed unevenly and may allow bacteria to grow.</i>	<input type="radio"/>	<input type="radio"/>	3%

## Home energy savers' checklist – Part 2

Energy Saving Activity	Column 1		Column 2
	WILL DO THIS	ALREADY DO THIS	ENERGY REDUCTION
<b>Don't get steamed (heating water), CONTINUED</b> Place insulation around at least the first meter of water pipes attached to your hot water heater	<input type="radio"/>	<input type="radio"/>	1%
Install a low-flow showerhead and tap aerators	<input type="radio"/>	<input type="radio"/>	3%
Repair leaky taps and showerheads throughout your house	<input type="radio"/>	<input type="radio"/>	2%
<b>You light up my life (lighting)</b> Replace regular light bulbs with energy-efficient bulbs			
• Replace 2 bulbs	<input type="radio"/>	<input type="radio"/>	1%
• Replace 4 bulbs	<input type="radio"/>	<input type="radio"/>	2%
• Replace 6 bulbs	<input type="radio"/>	<input type="radio"/>	3%
<i>Note: Do not use in outdoor or dimmer light fixtures.</i>			
Replace outside lights with motion detecting lights	<input type="radio"/>	<input type="radio"/>	1%
Install timers for outdoor lights	<input type="radio"/>	<input type="radio"/>	1%
<b>Too many machines! (appliances)</b> Stop the use of a second refrigerator	<input type="radio"/>	<input type="radio"/>	3%
Stop the use of a stand alone freezer	<input type="radio"/>	<input type="radio"/>	1%
Replace low-efficiency furnace with high-efficiency Energy Star furnace	<input type="radio"/>	<input type="radio"/>	20%
Install a tankless or solar hot water heater	<input type="radio"/>	<input type="radio"/>	10%
Replace an old refrigerator with an efficient Energy Star model	<input type="radio"/>	<input type="radio"/>	3%
<b>Splish splash (swimming pools)</b> Turn down your pool heater thermostat			
• By 1°C	<input type="radio"/>	<input type="radio"/>	7%
• By 2°C	<input type="radio"/>	<input type="radio"/>	14%
• By 3°C	<input type="radio"/>	<input type="radio"/>	20%
Use a solar blanket to cover your swimming pool for each night of the summer season when the outside air temperature is cooler than the pool water	<input type="radio"/>	<input type="radio"/>	20%



## Apartment (or condo) energy savers' checklist

You can help save energy in your whole building!

Students, even if your Buddy does not pay the energy bills, conserving energy is still important because it helps reduce air pollution. Also, do you think that rent and condo fees might be lower when you use less energy? Complete this checklist with your Buddy and see how many check marks you can get under “yes”!

	Will you and your buddy...	Yes	We will soon
1	Recognize how important it is to reduce home energy use in your apartment or condominium?		
2	Choose some of the activities listed in the home energy savers' checklist – Part 1 on page 5? <i>(If you choose to continue with Part 2, you will also find some activities that you can do in an apartment or condo.)</i>		
3	Look for the ENERGY STAR® symbol when buying household items that use electricity (such as light bulbs, computers and air conditioners)?		
			
4	Contact Eneract for a Smart Living workshop? They offer simple low-cost actions that can lower energy use in your unit and building. Call: 416-488-3966 or go to <a href="http://www.eneract.org">www.eneract.org</a> .		
5	Talk to your landlord or property manager about saving energy? They can make a big difference by fixing leaky taps and closing off vents in rooms that don't need to be heated. They can also save more by having a building-wide energy inspection done.		

## Section Two: Transportation Planner

For students whose Clean Air Buddies drive a vehicle



# Leave your car at home

Get around using cleaner ways of commuting

Smog! Traffic jams! Rising gas prices! No room to bicycle! How many more reasons do we need to reduce the amount that we drive? A lot of the air pollution in Southern Ontario comes from cars and trucks.

Students, can your Buddy use any of the cleaner choices listed in the chart below, instead of their car? Work with your Buddy to complete the following chart.

Cleaner Choice	Yes	No	Tell us Why
<b>Public Transit</b> (Bus, streetcar or subway)			
<b>Walk or Bike</b> (Great exercise!)			
<b>Telework</b> (Work from home)			
<b>Carpool</b> (Share a ride to work, school or events)			
<b>Trip Chain</b> (Combine errands into one trip rather than making several separate car trips)			

## Did you know?

The World Health Organization recommends that you walk up to 5 km (about 50 minutes) a day for good health.



# Emissions be gone!

## Reduce tailpipe pollution

To reach a 20% reduction in vehicle use, your Clean Air Buddy will need to take public transit, walk, cycle, and carpool more often. But when they need to use a car, there are simple ways to reduce harmful tailpipe pollution. Complete this checklist with your Buddy.

	Yes	We will soon
<p><b>Are the vehicle tires properly inflated?</b> Keep tires inflated all year round and save as much money as what you would spend for two weeks of gas! Check tire pressure at least twice a month and add air when needed. Visit <a href="http://www.betiresmart.ca">www.betiresmart.ca</a> for information on how to check tire pressure.</p>		
<p><b>Is the engine properly tuned?</b> An engine that is not taken care of creates more pollution and costs more money in repairs. Have your mechanic tune up your vehicle according to the maintenance schedule or once a year.</p>		
<p><b>Does the driver take time speeding up and slowing down?</b> Quick starts and stops waste fuel and put “wear and tear” on your vehicle.</p>		
<p><b>Do you have an energy-efficient vehicle?</b> Larger cars and engines often burn more fuel and cost more money to run. When shopping around for a new car, be sure to consider the smaller, energy-efficient ones.</p>		
<p><b>Is the driver careful about not idling?</b> Idling is when the engine is on, but the car isn’t moving. Idling wastes gas, and creates air pollution and greenhouse gases that lead to climate change. More and more municipalities in Ontario are adopting Anti-Idling by-laws that make idling a finable offence, much like illegal parking.</p>		



## How far do you go?

Students, complete this chart with your Buddy to estimate how far they travel each week. (If you want to find out the exact number of kilometres, go to <http://ca.maps.yahoo.com>)

Event	Location	Estimated Driving Distance (km)	Can We Reduce? How?
<b>Example:</b> Grocery Store Visit	No Frills	8 km	Yes – there is another grocery store closer.
Travel to school			
Travel to daycare			
Travel to work			
Kid's activities – after school or on the weekend			
Movie theatre/entertainment			
Visit to a mall			
Trips on the week-end			
Grocery store			
Other:			
<b>Total the number of kilometres travelled in one week</b>			

### Here is a challenge!

How much carbon dioxide do you think comes out of the tailpipe when one litre of gas is burned in an average car? (One litre of gas weighs .75 kg) When you have an answer, check with your teacher, he/she has the answer in the Teacher's Guide.

# Clean the air

Reduce your driving for two weeks

Students, help your Buddy make a plan to reduce driving by following the steps below. Then, wish your Buddy GOOD LUCK when putting this plan into action for two weeks. **After two weeks, fill in the back of this page, cut it out and bring it to your teacher or fill it out online at [www.cleanairpartnership.org/2020](http://www.cleanairpartnership.org/2020).**

**STEP 1** Calculate your 20% reduction target

Total number of kilometres driven in the past week. (Use your estimate from page 12)	20% reduction	Your weekly kilometre reduction target
_____ km	x .20	= _____ km

**STEP 2** Take your weekly kilometre reduction **TARGET NUMBER** and put in into one (or more) of the driving destinations listed in the boxes below. Try this plan for two weeks!

## Destination 1

### Going to school, sports events and/or other activities

We will reduce driving to this destination each week by:

- Taking public transit \_\_\_\_\_ km
- Carpooling \_\_\_\_\_ km
- Cycling or walking \_\_\_\_\_ km

**TOTAL REDUCTION** \_\_\_\_\_ km

## Destination 2

### Commuting to work

We will reduce driving to this destination each week by:

- Taking public transit \_\_\_\_\_ km
- Carpooling \_\_\_\_\_ km
- Cycling or walking \_\_\_\_\_ km
- Teleworking/teleconferencing \_\_\_\_\_ km

**TOTAL REDUCTION** \_\_\_\_\_ km

## Destination 3

### Shopping, running errands, going out for entertainment

We will reduce driving to this destination each week by:

- Taking public transit \_\_\_\_\_ km
- Carpooling \_\_\_\_\_ km
- Cycling or walking \_\_\_\_\_ km
- Trip chaining \_\_\_\_\_ km

**TOTAL REDUCTION** \_\_\_\_\_ km

## Destination 4

### Taking weekend trips (visiting out of town / local holidays)

We will reduce driving to this destination each week by:

- Taking bus or train \_\_\_\_\_ km
- Carpooling \_\_\_\_\_ km

**TOTAL REDUCTION** \_\_\_\_\_ km



## Reduce your driving feedback form

**Students! Please fill out this page with your Clean Air Buddy, cut it out, and bring it to your teacher.** Be sure to encourage your Buddy to reduce driving all year round and try a different plan for each season. The warmer months are great for biking or walking, while carpooling and public transit may make more sense in the cooler months.

**Your teacher will then mail this form to:** 20/20 The Way to Clean Air / Clean Air Partnership / 75 Elizabeth Street / Toronto, Ontario M5G 1P4  
**or the forms can be submitted online at [www.cleanairpartnership.org/2020](http://www.cleanairpartnership.org/2020)**

### Help Us To Learn

Tell us if your Buddy succeeded in reducing driving and whether they plan to continue all year round. Check off one of the choices below:

- We reduced driving for two weeks but WILL NOT be continuing.  
 OR
- We reduced driving for two weeks and WILL continue to reduce driving all year round. By doing so, we will help improve our air even more (like thousands of other 20/20 participants!) by trying to reduce our vehicle use by 20%.

Student name

School

Grade

Teacher

### Keep In Touch

The 20/20 program would like to send you program updates and measure how your actions have helped to improve air quality in your community.

- We give 20/20 permission to contact us.**

Name of buddy, parent or guardian

Address

City/town

Postal code

Phone

( )

E-mail

PLEASE PRINT CLEARLY

- We do not wish to be contacted further by 20/20.**



## Home energy savers' answer key and more!

**1** Using fans can reduce your air conditioner (A/C) use by half.

**TRUE**

Fans blow cool air around so you don't need to use as much A/C. You can also reduce your A/C use (plus receive \$25.00) by signing up with the Every Kilowatt Counts peaksaver program. Call your local electricity company or visit [www.everykilowattcounts.ca/residential/peaksaver](http://www.everykilowattcounts.ca/residential/peaksaver) for more information or to register. Trees can also cool your home – plant deciduous (trees that lose their leaves in the fall) on your home's south area and coniferous (evergreen trees) on your home's north area.

**2** Wrapping your windows with plastic does not do anything to prevent the heat from escaping your home in the winter.

**FALSE**

25% of the heat in your home is lost through the windows. Wrapping your windows with plastic is a low-cost option that can reduce this heat loss by half. When you are ready to change your old windows, be sure to look for windows and contractors certified by the Window Wise program. Call 1-800-813-9616 or go to [www.windowwise.com](http://www.windowwise.com). Did you know that older homes lose 30% of heat through cracks around doors and windows? That is like living with a basketball-sized hole in your home! Sealing the cracks can save you up to 10% on your heating bill.

**3** Compact fluorescent light bulbs (CFLs) use more energy than regular light bulbs.

**FALSE**

CFLs use a lot less energy and last much longer. Regular light bulbs last about six months but CFLs can last for over six years! Green power, such as wind, water, and the sun, generates electricity with little or no air pollution. Contact your local energy supplier, or Bullfrog Power, to find out about switching to green power. Call 1-877-360-3464 or go to [www.bullfrogpower.com](http://www.bullfrogpower.com).

**4** You can reduce your home energy use by 20% by replacing an old furnace with a high-efficiency one.

**TRUE**

The average old, low-efficiency furnace wastes as much as 45% of the heat it produces. That is nearly half of the heat! When you decide to replace your furnace, be sure to check with your local energy supplier for cash incentives. Contact the Province of Ontario's Home Energy Audit program ([www.homeenergyontario.ca](http://www.homeenergyontario.ca) or call 1-888-668-4636) and the Government of Canada's ecEnergy program ([www.ecoaction.gc.ca](http://www.ecoaction.gc.ca) or call 1-800-622-6232) for more ways to get cash back by improving home energy efficiency.

**5 Sealing your home too tightly can cause indoor air problems that could affect your health.**

**TRUE**

It is good to block the drafts to save energy, but sealing a home too tightly can make the indoor air unhealthy to breathe. You can prevent this by having a home energy audit done first to learn about proper ways to stop drafts, save money and improve home comfort. Call Windfall Ecology Centre at 416-465-6333 or go to [www.windfallcentre.ca](http://www.windfallcentre.ca) or visit [www.cleanairpartnership.org/2020](http://www.cleanairpartnership.org/2020) for a listing of all qualified auditors in your area.

**6 Laundry soaps will only work in hot water.**

**FALSE**

Laundry soaps are now made to clean clothes in cold water. This makes it easier for you to reduce your hot water use, save money, and reduce air pollution.

**7 Turning down your thermostat by 2°C in the winter can save you up to 3% of your heating costs.**

**FALSE**

Turning down your thermostat by 2°C in the winter can save you up to 6% on heating costs while reducing harmful emissions to the air. Consider getting a programmable thermostat. It does the work for you by turning down your furnace when you aren't at home, or when you go to bed.

**8 Installing a low-flow shower-head could save you up to \$1,400 in energy costs over five years.**

**TRUE**

The hot water that many of us take for granted can account for as much as 25% of your home's total energy costs. A low-flow showerhead can reduce water use by half, or even more, without sacrificing the "feel" of the shower. Visit [www.cleanairpartnership.org/2020](http://www.cleanairpartnership.org/2020) to see if your local municipality has any rebates for water saving devices.

**9 In 2008, air pollution contributed to 9,500 early deaths and over 16,000 hospital admissions in Ontario.\***

**TRUE**

And it is often the people with breathing and heart problems who become the most sick from air pollution. If you live in the GTA check the Air Quality Health Index [www.airhealth.ca](http://www.airhealth.ca) to learn when the air is best for outdoor activities. For air quality conditions across Ontario visit [www.airqualityontario.com](http://www.airqualityontario.com). Walk, bike or take public transit to reduce air pollution.

**10 A tap that leaks one drop of water per second can fill 724 glasses of water in one week.**

**TRUE**

Wasting this much water costs you \$420.00 a year so be sure to fix those leaks!

\*Ontario Medical Association, Illness Costs of Air Pollution [www.oma.org](http://www.oma.org)

# Air Pollution, Climate Change and Your Health

## Be Part of the Solution

Every time we drive our vehicles and use energy in our homes, we are burning fossil fuels – such as gas, oil and coal – and sending pollution and greenhouse gases into the air. This contributes to smog and climate change.

Climate change and smog are closely related. Greenhouse gases (like carbon dioxide) build up in the atmosphere and trap the sun's heat close to the earth, increasing global warming and climate change. Since heat and sunlight help to create smog, global warming could increase the number of smog days, leading to serious health issues for people with heart or breathing problems. Even for healthy people, air pollution can reduce lung function and irritate the eyes, nose and throat.

You can take action today to protect your health and improve air quality in your community. Join thousands of others participating in 20/20 The Way to Clean Air and become part of the solution to air pollution. If you live in the Greater Toronto Area check out the Air Quality Health Index at [www.airhealth.ca](http://www.airhealth.ca) and learn how to protect your health from air pollution as you plan your outdoor activities. For air quality conditions across Ontario visit [www.airqualityontario.com](http://www.airqualityontario.com).

### Did you know?

The Air Quality Health Index is a tool that measures air quality in relation to your health on a scale from 1 to 10. A reading of 1 means a low risk and 7 or greater represents a high risk. This index can help you find out when the air is healthy to play outside. Hourly conditions and forecasts can be found at: [www.airhealth.ca](http://www.airhealth.ca).



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