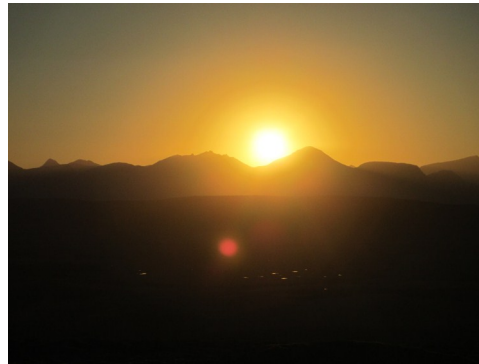


## Help Keep Our Air Clean!!

Pollution is a big problem that is slowly destroying the world which we live. It is vital for everybody to do what they can to clean up the environment. Every person is important and has the ability to make a difference and help stop pollution. It may take a little effort, but the effort will be worth it. Start by evaluating how you can make small changes, even the smallest change in your own life can make a difference.

One step to stopping pollution is to carry a small bag with you on walks, in case of finding litter on the road.

Another step to stopping pollution is to make certain dumpster lids are shut and latched. This will keep birds out of the garbage and prevent wind from blowing the garbage everywhere.



For more information  
on how you can make a  
difference,

go to:

[http://www.epa.gov/air/  
community/](http://www.epa.gov/air/community/)

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## How Healthy Is The Air You Breathe?



**907-383-6968**

# Why you should be concerned about air pollution

You can go days without food and hours without water, but you would last only a few minutes without air. On average, each of us breathe over 3,000 gallons of air each day. You must have air to live. However, did you know breathing polluted air makes you sick?

Air pollution can damage trees, crops, other plants, lakes, and animals. In addition to damaging the natural environment, and air pollution in the form of acid rain damages buildings. It not only decreases sight in national parks and cities, it interferes with aviation.

Particle pollution, also known as particulate matter (PM), includes fine dust, soot, smoke, and droplets formed from chemical reactions produced when fuels such as coal or oil are burned. Particles may also come from fireplaces, wood stoves, and unpaved road dust blown around by wind. Particulate matter is unhealthy to breathe.

The elderly, children, and asthmatics are especially vulnerable to health problems brought on by breathing fine particles. People with heart or lung diseases have increased health problems as well.

In rural Alaska, ATVs, and other vehicles driving on dirt roads, can contribute to airborne dust and can aggravate respiratory problems. It also settles on subsistence foods like plants and berries, and contributes to poor indoor air quality.

Air pollution from diesel engines, especially fine particles, can lead to serious health problems for adults. Diesel is used in rural Alaska to produce electricity and used to fuel boats, vehicles and planes. Children and elders are at even greater risk. Children especially, because their immune systems are still developing and their faster breathing rate increases the amount of exhaust they inhale.

The fact is, most human activity contributes to some kind of pollution. Seeing all the consequences of air pollution, we need to come together and figure a way to reduce the release of pollutants into our air. Listed below are some ways we can cut down on air pollutants.

- Car pool– it will cut down on the use of fossil fuels, and also conserve it for future generations. It will also cut down on the carbon monoxide gas entering the atmosphere

- Keep your vehicle in good condition by having it serviced regularly
- Walk whenever possible
- Saving energy will help prevent air pollution. Shut the lights off when leaving a room and turn off appliances when not in use
- Keep radiators, vents, and wood stoves clear of furniture
- Clean the gaskets on your refrigerator and freezer doors so they shut securely. Vacuum the dust on the coils underneath the refrigerator so it will run efficiently
- Set your washer loads for cold wash instead of hot
- Clean the lint trap on your dryer before every use
- Recycle your waste whenever possible

