

Here's What You Can Do to Reduce Vehicle Emissions

Reduce Driving

Use your car less often. If you do use your car, plan trips to combine errands. A few short trips emit more pollutants than one drive of equal mileage.

Join a Car Pool or Ridesharing Program

Share trips to work, school, and running errands. Carpooling not only reduces harmful emissions, but can save you time and money.

Live Centrally

When considering a place to live or buying a home, choose a location close to work or school, as well as shops, amenities, and public transportation. This can help reduce dependence on your vehicle and allow you to walk, bike, and take transit.

Walk, Cycle, and Take Public Transit

These choices are better for air quality, and can help keep you in shape too!

If you do use your vehicle:

Choose a Fuel Efficient Vehicle

When buying a vehicle, choose a compact fuel-efficient car. You may even want to consider vehicles with hybrid fuel systems.

Keep Your Vehicle in Tune:

Keep your vehicle tuned and your tires correctly inflated. A well-maintained vehicle can reduce fuel consumption by up to 10%.

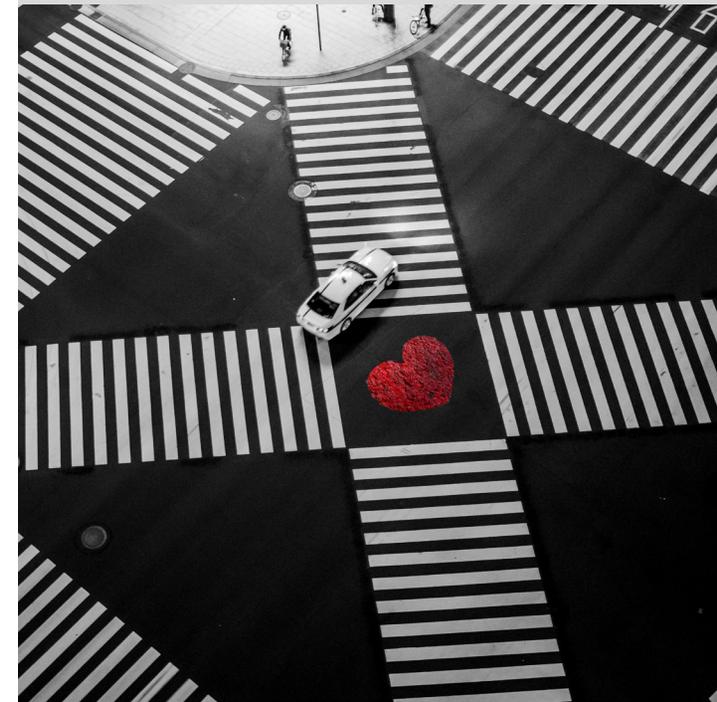
Avoid Idling

More than 10 seconds of idling uses more fuel than turning your engine off. So turn off your engine when waiting for passengers or when dashing into your local convenience store. For winter warm-ups, consider a block-heater timer.

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TRANSPORTATION
& YOUR HEALTH

What you need to know



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Clean air is important to everyone. And since air pollution impacts our heart and lung health, our environment and our economy (through the effects to our healthcare system, visibility and tourism, for example), we have to carefully consider our transportation choices. Vehicle emissions deposit 200 million tons of pollutants into our air each year, accounting for ____% of New Brunswick's air pollution. These emissions particularly Particulate Matter and Ground-Level Ozone pose serious health risks.

These risks are intensified by New Brunswick's varied topography - its beautiful landscapes of mountains and valleys. Landforms and weather can trap pollution in our communities, creating periods of poor air quality.

VEHICLE EMISSIONS AND YOUR HEALTH

Air pollution has a variety of health effects: it can irritate your eyes, nose and throat; cause wheezing, coughing, and breathing difficulties, worsen existing heart and lung problems; increase the risk of heart attacks; and lead to premature death.

The two air pollutants of greatest concern in New Brunswick are fine Particulate Matter and Ozone. Both of these pollutants are the main constituents of smog.

Particulate Matter consists of very fine particles that are invisible to the human eye. A serious health risk, Particulate matter can be inhaled deeply into the lungs and damage lung tissue. Increased exposure to Particulate Matter along roadways and in high traffic areas has been shown to aggravate health effects. Particulate Matter can also remain suspended in the air and has the potential to travel long distances, contributing to visibility problems.

Ozone is not emitted directly from vehicles, but is produced by the chemical reaction between Volatile Organic Compounds and Nitrogen Oxides in the presence of sunlight and warm temperatures. Ground-Level Ozone reduces lung function, and inflames and damages the cells that line the airways in the lungs.

This can trigger and cause more serious health problems such as asthma and bronchitis, and worsen symptoms such as coughing and chest pain.

Current research shows that there is no safe level for exposure to particulate matter and Ground-Level Ozone. As a result, there is the potential for health effects associated with air pollution even in very clean airsheds, and in otherwise healthy individuals.

WHO'S AT RISK?

Even healthy individuals are at risk, but the pollutants released from transportation sources pose a greater risk for children, the elderly, and people with pre-existing heart and lung disease or a weak immune system.



Managing air pollution is a shared responsibility between individuals and all levels of government. Our airsheds (an airshed is an area where topography and weather conditions prevent the mixing of air from inside and outside an area) can be subject to poor air quality.

With population growth and urban sprawl, land use and transportation planning need to be integrated to decrease vehicle dependence and to promote walking, cycling, and public transit. Here are some other things you can do to take care of the air we share (see panel on reverse).