**City of Austin Air Quality Program**

**Air Quality Awareness 2018 Article**

*Heading:*

Air Quality Awareness Week 2018 is here!

*Subheading:*

Air Quality Where You Are, April 30-May 4, 2018

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We are often told to think about what is in the food we eat, the water we drink. But when was the last time you thought about what is in the air you breathe, or how it can affect you?

We are in the midst of Air Quality Awareness Week, which started yesterday, April 30th, and ends Friday, May 4th. It is the perfect time for you to learn about air quality in Central Texas, and the issues and solutions surrounding it. Air Quality Awareness Week is an effort to educate people across Central Texas about what causes outdoor air pollution, what people can do to protect their health when air quality is poor, and how they can reduce pollution by making simple choices in their daily lives.

Curious about what you can do to improve air quality *where you are*? Three simple solutions you should consider are to drive smart, drive less, and drive clean. Drive smart by avoiding idling and turning your engine off when you are parked. Drive less by asking your supervisor if you can include a telework day in your work schedule. Drive clean by switching to an alternative, sustainable mode of transportation for your commute, even if it is just one day a week.

For more information about events during Air Quality Awareness Week and how you can “Be Air Aware,” visit [AirCentralTexas.org](http://aircentraltexas.org/en/2017-air-quality-awareness-week)! More information about air quality levels and clean air choices is available online at the [national](http://www.airnow.gov/), [statewide](http://www.tceq.texas.gov/agency/air_main.html), [regional](http://www.aircentraltexas.org/) and [local](http://www.austintexas.gov/airquality) levels.