

# You can make the difference. Get started today!

## Pick 5 for the Environment

Do more to protect the environment by choosing at least five actions (below) you'll commit to. Picking five also helps you identify more actions you can take in the future.

- 1. Commute without polluting! Use public transportation, carpool, walk, or bike whenever possible to reduce air pollution and save on fuel costs.
- 2. Use less water! Take showers instead of baths, fix leaks, turn off the tap when brushing your teeth, buy efficient fixtures by looking for the WaterSense label.
- 3. Save electricity! Do a home energy audit, get programmable thermostats, buy Energy Star products, turn stuff off when you're done, and change your bulbs to compact fluorescents.
- 4. Reduce, reuse, recycle! Try to find products with less packaging, do the double take (make double sided copies), carry the canvas (use reusable shopping bags), lug your mug (use reusable mugs) creatively reuse other products, and recycle what's left.
- 5. Test your home for radon! Radon is a naturally occurring, odorless gas that can seep into your home and cause lung cancer.
- 6. Check your local air quality! When you exercise outdoors, use your local air quality forecast to help plan the best time for a workout or run.
- 7. Use chemicals safely! Read pesticide labels carefully. Lock up pesticides, paints, and cleaners where kids can't reach them.
- 8. eCycle! Take your old computer, DVD player, or other electronics to a recycling center. This helps keep hazardous substances out of the landfill.
- 9. Enjoy the outdoors safely! Find out the quality of beach water from your state office and get the UV Index to protect yourself from the sun.
- 10. Spread the word! Teach others where you work or go to school. Encourage people to Pick 5 for the Environment!