

80_Recommendation

- To improve air quality, individuals can reduce personal contributions through actions like using public transport, avoiding idling, and minimizing waste. Focusing on cleaner energy sources and energy efficiency in homes and industry is also crucial. For indoor air quality, reducing sources of pollution and improving ventilation can be effective.
- Reduce, reuse, and recycle materials. Compost food scraps and yard waste. Avoid burning trash.
- Reduce or eliminate sources of indoor pollution like fireplaces, wood stoves, and candles.
- Avoid outdoor activities in the afternoons on warmer days, when the risk of air pollution is highest.