



Ready to Take Care of *The Air We Share*?

84% of parents say they want to do more to address poor air quality. When asked why they didn't take certain actions, 31% of them said that they didn't know enough about them. Sanofi, ASTC, and your local museum are here to support you in learning and taking action.

Below, you'll find a few examples of how you can protect air quality and respiratory health. These actions can be done by yourself or with your family, with a school or community organization, or through your influence on the government.



PROTECT RESPIRATORY HEALTH

Check the Air Quality Index (AQI)

- Learn to interpret AQI and spend less time outdoors when air quality is poor
- Add an AQ sensor inside or outside your home
- Encourage your school or community organization to teach members about AQI and how they can keep themselves safe

Wear a Mask

- Wear a properly fitted, authentic N95/KN95 mask
- Distribute masks to community members who can't afford or access them

Improve Indoor Air Quality

- Add HEPA air purifiers to your home
- Ensure that any stoves or fireplaces vent outside
- Encourage your school or community organization to upgrade their HVAC filters to MERV 13+ and install HEPA air purifiers
- Support indoor air regulations in your state or local government

Expand Respiratory Healthcare Access

- Donate to community health centers and respiratory health research programs
- Encourage schools and community organizations to stock rescue inhalers and nebulizers
- Support policies that improve healthcare access for all

IMPROVE AIR QUALITY

Reduce Pollution from Vehicles

- Reduce car trips through carpooling and combining errands
- Walk, bike, or take public transit
- Encourage your school to implement anti-idling policies in drop-off zones
- Support policies that expand public transit and bike/pedestrian infrastructure

Reduce Pollution from Buildings and Industry

- Choose renewable energy for your home
- Encourage schools and community organizations to install solar panels
- Support enforcement and expansion of clean air regulations

Prevent & Manage Wildfires

- Follow fire restrictions and burn bans
- Report fire hazards to authorities
- Encourage your school or community organization to coordinate defensible space clearing
- Support prescribed burning policies

Expand Green Infrastructure

- Plant native trees and plants
- Encourage your school or community organization to organize a community tree-planting event
- Support policies that expand urban tree canopies and establish community gardens
- Support prescribed burning policies