



WE ALL CONTRIBUTE TO POLLUTION... WE ALL CAN LEND A HAND

Although we might not be aware of it or give it much thought, we all contribute to air pollution in one way or another.

However, while it is true that we pollute the air, we also can and must collaborate to reduce its deterioration and improve the quality of the air we breathe. How can we do it? We can do it by changing our daily habits.

It is not uncommon to think that changing our habits will not make a difference in the overall scheme of things since it takes more than the actions of one person to help solve the problem. However, the accumulated efforts resulting from each of us changing some of our habits could have a definite impact on the quality of the air we breathe.

Energy and Air Pollution

Most of our daily activities require the use of energy that is mainly generated by burning fuels. For example, the water you use for bathing is heated with gas; we cook our food on stoves that burn gas. The cars, vans and buses burn gasoline in order to become mobile. Household electrical appliances consume electricity. We also use electricity to be able to see at night. What many of us usually don't know is that a substantial amount of the electricity we use is generated by thermoelectric plants, which also are able to work due to the burning of fuels.

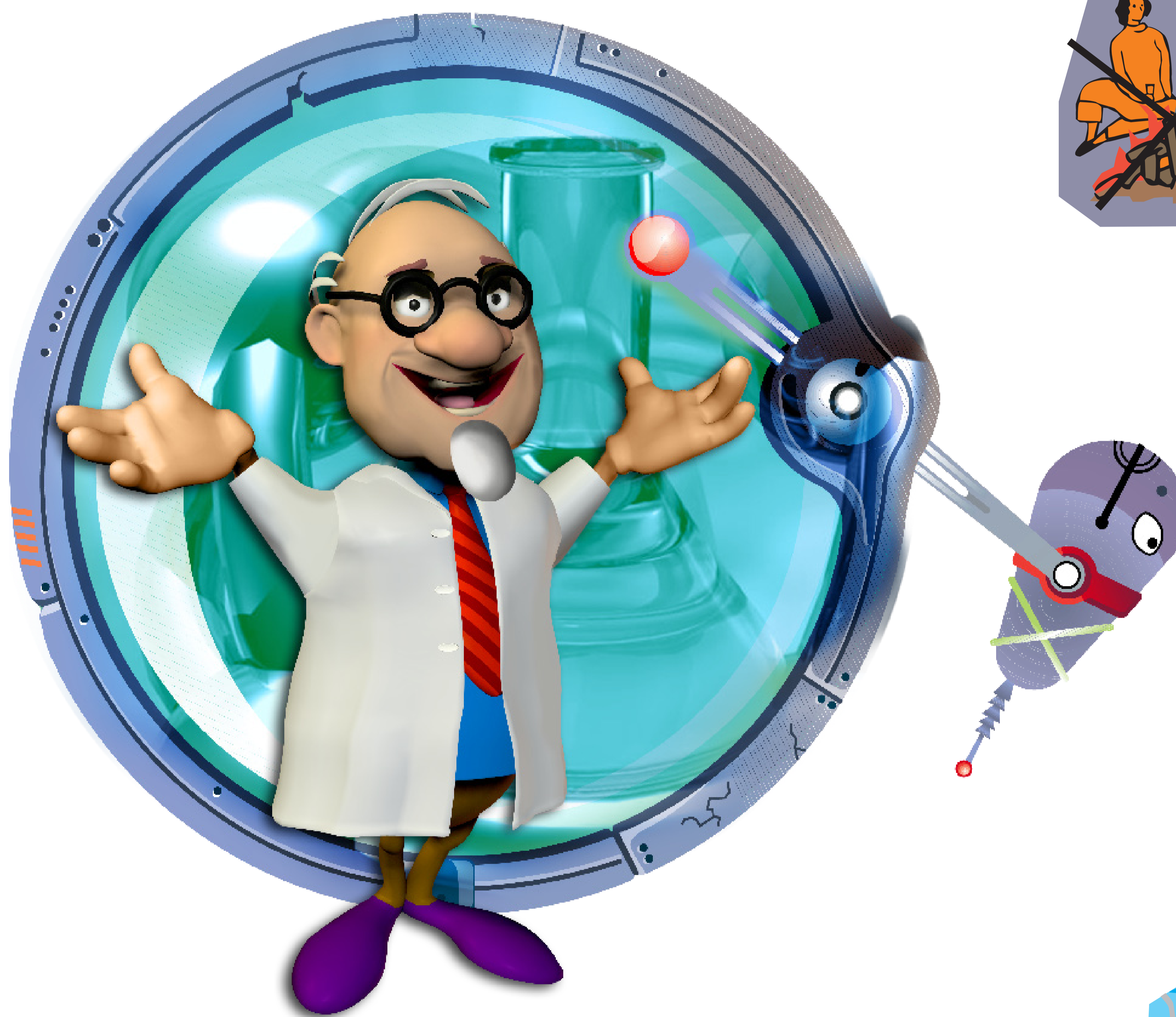
- Choose energy saving household electrical appliances. Look for the energy-saving tag.
- If you have a gas stove verify that the flame is blue, a yellow flame means the combustion is not optimal.
- Turn off the lights when you leave a room.
- Use low energy consumption light bulbs.
- Approximately 25% of the energy used in a house is consumed by the refrigerator. Make sure the door closes hermetically.

The Products We Use

- Many products we use daily contain solvents. Solvents are compounds that tend to evaporate and contribute to the pollution of the air.
- Choose paints and cleaning products that are solvent-free.

Burning Trash and Waste

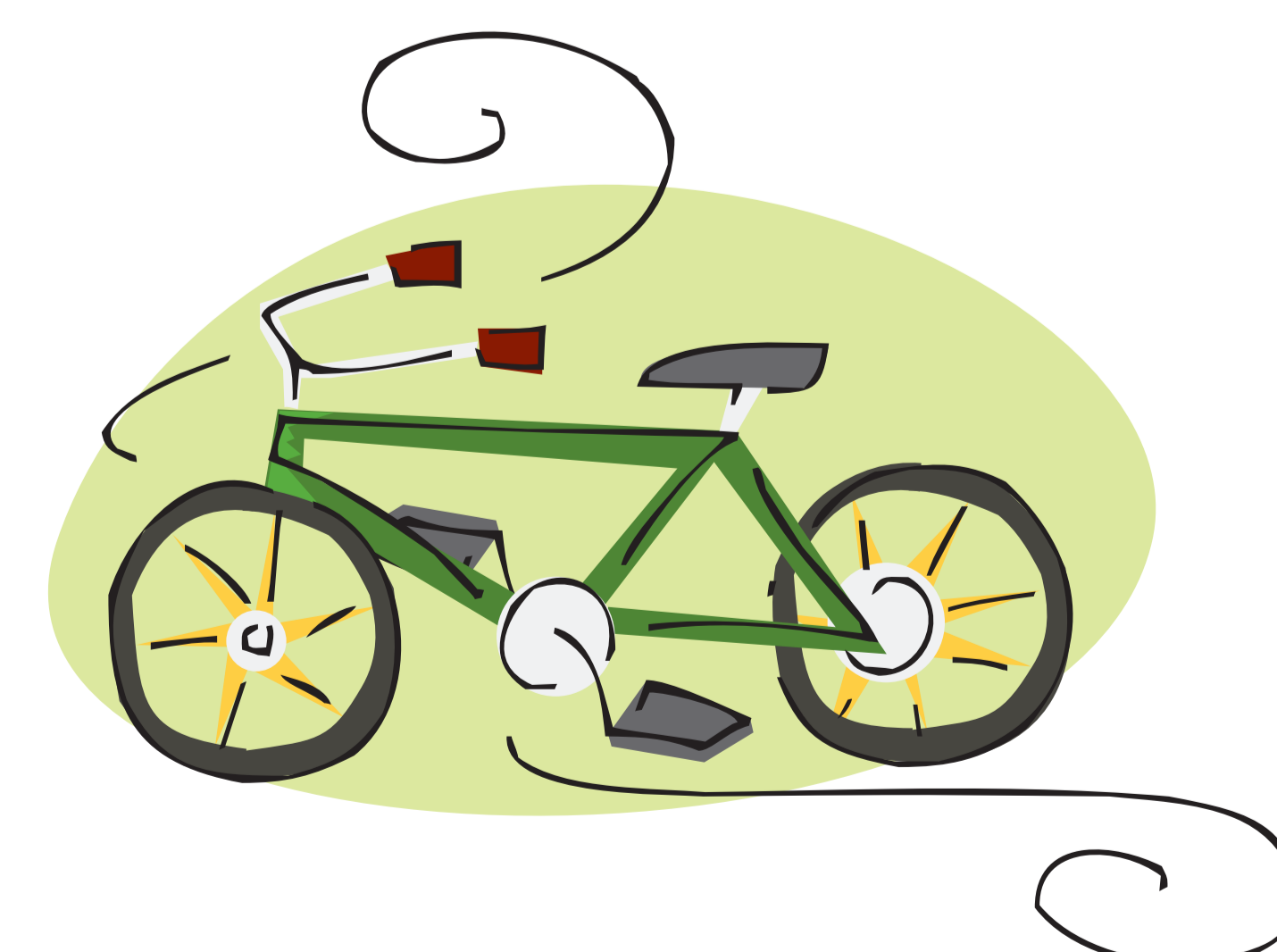
- Burning of trash pollutes the air. The pollutants emitted from burning trash, especially plastics, are very toxic.
- Forest fires and the burning of agricultural waste pollute the air, avoid them.
- Do not burn tires.
- Do not use firecrackers, they also pollute the air.



Transportation and the Air

In Mexico City, most of the air pollutants are emitted by motor vehicles. That is why it is very important that we modify our transportation habits.

- We must reduce our use of private cars.
- Whenever possible, be sure to use public transportation.
- Avoid using the car on short trips that could be made by foot.
- Make use and promote the use of the bicycle as a means of transportation. Be respectful of cyclists on the streets and avenues.
- A vehicle in bad condition will cause more pollution. Be sure to maintain your car in good condition, this way it will not only pollute less, but also reduce what you spend on gas and avoid problems at the semi-annual verification.
- Follow traffic regulations: double-parking and using bus lanes contributes to traffic congestions.
- Unnecessary braking and accelerating will increase the gas consumption of your car, avoid it.
- Big heavy cars consume more fuel than light cars. When driving, remove anything unnecessary from the car to keep the weight down.
- If you are thinking of purchasing a car consider one with high fuel efficiency and low emissions.
- Keep your tires properly inflated as specified by the vehicle manufacturer. Tires that are deflated will result in a greater consumption of gasoline.
- Encourage your children to use the school bus or carpool with neighbors to go to school.
- If possible, use the telephone, e-mail or fax to run an errand. You will save time and produce less pollution.



As you already may know, it is essential that you do everything possible to help reduce the pollution you produce. It is equally important that you share this information with other people. This is how each day more of us will be helping to take care of the air we breathe!