

HERE'S
TO YOUR
HEALTH!

Pollution Prevention



Pollution prevention is one of the easiest and most effective ways to protect your family, children, pets and community. Even small pollution prevention efforts can make a positive impact.

Labels tell you:

- How to use a product safely and effectively
- How to store the product safely
- First aid instructions

Pollution Prevention Tips

Shop Smart:

- Buy products with less packaging or packaging that can be reused or recycled.
- Buy quality products that will last for a long time.
- Buy only what you need, and use all of a product before purchasing more – especially when purchasing items that are toxic such as pesticides, some paints and cleaning products.
- Look for the least toxic products to meet your needs. Many environmentally friendly alternative items, such as household cleaners and degreasers, can be found on the shelves of most grocery and hardware stores.
- Reuse shopping bags or ask that your purchases be put into as few bags as possible.
- Borrow or rent items you do not use often instead of buying them.



Recycle:

- In 2002, Coloradoans generated almost seven pounds of trash per person per day – 37% more than the national average.
- Glass, aluminum, paper, cardboard, antifreeze, used car oil and other automobile fluids can all be recycled.
- Many trash companies offer curbside recycling. If your service does not, you can find a local recycling facility by looking in the phone book under “Recycling.”
- Donate unwanted paints, pesticides, chemicals, furniture, clothes and appliances to friends, neighbors, community groups or charitable organizations.



**Tri-County
Health
Department**

Eleven offices along the front range serving the residents of Adams, Arapahoe and Douglas Counties
Administration Office: 7000 East Belleview Avenue, Suite 301 • Greenwood Village, Colorado 80111
Telephone: 303-220-9200 • Fax: 303-220-9208
Website: www.tchd.org

Switch to compact fluorescent light bulbs that use 75% less energy than incandescent lamps, emit 90% less heat and last longer. According to the Environmental Protection Agency, replacing your five most used lights with energy-efficient lighting could save you \$60 per year in energy costs.

Prevent Automobile Pollution:

- Carpool, use public transportation, walk or ride your bike to work instead of driving.
- Run errands on your way to or from work or organize them so that you are not driving unnecessary miles.
- Make sure your car is running well to avoid costly repairs, reduce pollution, and improve the mileage of your vehicle.
- Stop filling your gas tank after the first “click” to reduce vapors. Do not “topoff” your tank.
- If you are buying a car, consider buying the most fuel-efficient model. The new gas/electric Hybrid car can get more than 50 miles per gallon.
- Clean out your trunk! You get 4% less gas mileage for every 100 pounds of extra cargo, and less gas mileage means your car releases more emissions that pollute the environment.


Limit Chemical Use:

- Try using a plunger or boiling water to unclog drains before using a chemical drain opener.
- Pull weeds by hand instead of using a chemical herbicide. Good topsoil will help your plants to grow and will decrease the number of weeds in your garden or yard.

Conserve Water:

- Water plants and lawns only when necessary. This will help them to establish deep, strong root systems.
- Add compost to your garden and leave grass clippings on the lawn to improve soil and help it hold water.
- Consider planting your yard, or parts of your yard, with native plants that need less water.
- Repair leaking pipes, hoses and faucets as soon as possible.
- Install low-flow showerheads and toilets.

Conserve Energy:

- Turn off lights and appliances when you are not using them.
- Make sure appliances are working well. Before replacing a broken appliance, see if it can be repaired.
- Hang clothes out to dry instead of using the dryer. If you have to use the dryer, make sure the lint screen is clean before each use.
- Buy energy efficient appliances. Look for the EPA’s EnergyStar  logo.

For more information, contact:

- Tri-County Health Department Household Chemical Information Hotline
303-846-6249
- Colorado State University Cooperative Extension 970-491-6281
www.cerc.colostate.edu
- Earth 911: 1-800-CLEANUP (1-800-253-2687) or www.1800cleanup.com
- Ride Arrangers at 303-458-POOL (303-458-7665) or www.drcog.org/RideArrangers
- Colorado Recycles: www.colorado-recycles.org