

# Maggie's Health Tips



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## Spare the air.

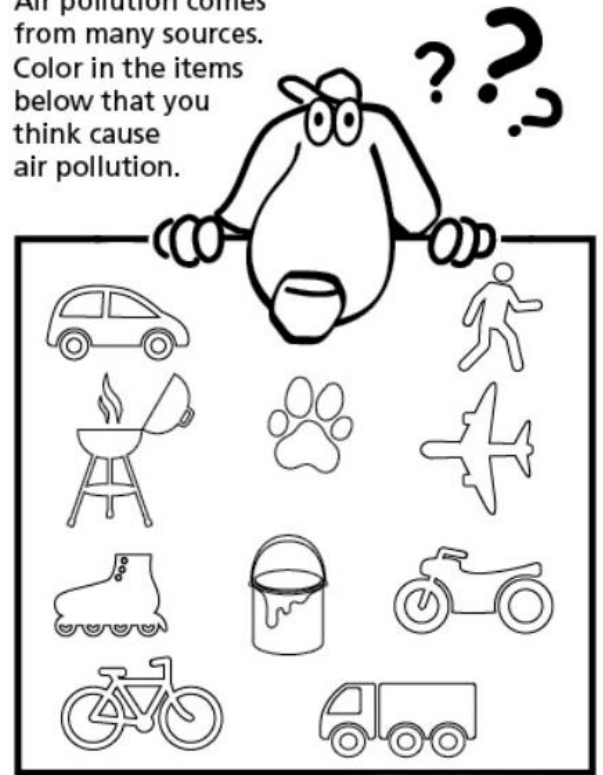
We get the oxygen our bodies need to survive by breathing air. Did you know that we breathe about 2 gallons of air every minute? Breathing clean air is very important. Sometimes what we breathe is polluted. Air pollution happens when gases, dust, smoke and smells are sent into the air we breathe, making it dirty and unhealthy for us. When cars and factories burn fuel, chemicals, lead and sulfur are released into the air. Sometimes wild fires and trash fires can put chemicals in the air. Not only do your eyes, throat and lungs itch, coughing and choking can happen. And, in some cases, air pollution can hurt the growth of the lungs in children who play outside.

Here's some things you can do to stop air pollution:

1. **Plant more plants.** Plants actually filter chemicals from the air through tiny pores in their leaves and "digesting" the pollution through their stems, roots and out through the soil.
2. **Turn off the lights.** Don't keep the lights or other electric devices on. The more power you use, the more energy you're wasting and the more that you're polluting the air.
3. **Reduce. Reuse. Recycle.** Recycle as much as you can so that it can be reused later on in other products. That way, you aren't adding to the problem.

### Do you know where air pollution comes from?

Air pollution comes from many sources. Color in the items below that you think cause air pollution.



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