EVERYONE BREATHES AIR!

What is in the air you breathe? Is your air full of traffic pollution, smoke from fireplaces or other bad stuff? If you breathe dirty air, you might wind up with health problems that make it harder to breathe.

Everyone needs to do their part to keep our air clean and stay healthy. A healthy climate depends on clean air, too!

Let’s see how you do on the Clean Air Quiz!

1. About how many breaths does a person take per day?
   a. 5,000
   b. 10,000
   c. 25,000

2. There are millions of tiny air sacs in your lungs. If you could lay them all flat, your lungs would be the size of a:
   a. Tennis court
   b. Ping pong table
   c. Bathtub

3. Asthma is a disease that makes it hard for some people to breathe.
   a. True b. False

4. Which of the following things can make asthma worse?
   a. Cigarette smoke
   b. Vehicle and truck exhaust
   c. Wood smoke
   d. All of the above

5. Power plants produce the most pollution in California.
   a. True b. False

Answers: 1. C - Yes, 25,000 is a lot of breaths! This means the more polluted the air is, the more we breathe harmful toxins into our lungs. 2. A - There are 600 million tiny air sacs in your lungs that take in oxygen and deliver it to the bloodstream. 3. True - Asthma causes the airways to the lungs to close up. 4. D - All of the above 5. False - Cars and trucks produce most of the harmful pollution in our air.