



FOR IMMEDIATE RELEASE
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UCAIR Contact: Andrea Doubek
andrea@ucair.org | 801-536-4051

UCAIR Encourages Emission Reductions as Winter Inversion Degrades Air Quality

Wasatch Front, UT – The Utah Clean Air Partnership (UCAIR) encourages residents to take proactive steps to reduce air pollution during the current winter inversion, which is contributing to poor air quality across the region.

Winter inversions trap fine particulate matter (PM2.5) and other pollutants close to the ground, increasing the risk of asthma attacks, bronchitis, reduced lung function, heart attacks, and strokes. Poor air quality can also cause coughing, throat irritation, shortness of breath, chest pain, headaches, and fatigue, especially for children, older adults, pregnant people, and those with asthma, COPD, or heart disease.

Tips to help improve the air:

- **Limit driving and idling:** If you must go out, combine trips, use public transportation, carpool, and turn off engines while waiting.
- **Reduce wood burning:** Avoid using wood fireplaces, wood stoves, and outdoor fire pits during the inversion.
- **Conserve energy at home:** Lower your thermostat and reduce unnecessary electricity use by turning off lights, appliances, and devices when not in use.
- **Support schools and workplaces in being idle-free:** Encourage students, staff, and parents to minimize vehicle idling in school zones.
- **Telework:** If you are able, work from home to reduce driving and emissions. Use virtual meetings and other online tools to stay connected.

UCAIR also encourages residents to stay informed by checking daily air quality reports and to limit outdoor activity when pollution levels are high. For more information, resources, and tips to reduce air pollution, visit ucair.org.

About UCAIR

Utah Clean Air Partnership (UCAIR) is a statewide clean air partnership created to make it easier for individuals, businesses, and communities to make small changes to improve Utah's air. UCAIR offers grants, funding, and resources to support projects and initiatives that reduce emissions and promote cleaner air across the state.

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801-536-4218



info@ucair.org



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