



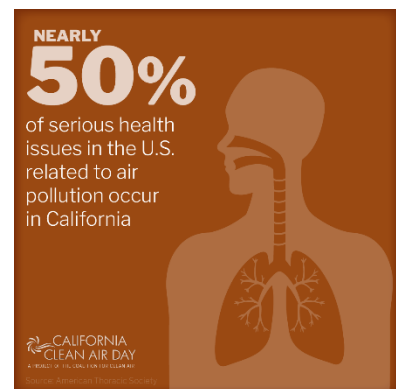
Thank you for helping to spread the California Clean Air Day message!

In addition to a few general posts, the sample posts below correlate to the three main sections of our [Clean Air Pledge](#): **Plant Something**, **Reduce Vehicle Emissions**, and **Switch it Out**.

We're using the hashtag #CleanAirDayCA across all social networks. Additionally, please tag us on Twitter and Instagram (@CleanAirDay) and Facebook (@CaliforniaCleanAirDay). All of the graphics referenced in this document are available for download [here](#).

GENERAL

We know air pollution causes serious health problems. Californians shoulder the burden of nearly 50% of them in the U.S. Help us clear the air on #CleanAirDayCA by taking the @CleanAirDay pledge: <https://cleanairday.org/take-the-pledge/>



Southern Californians went 85 straight days in 2019 without a single day of good air quality. Help us clear the air on #CleanAirDayCA by taking the @CleanAirDay pledge: <https://cleanairday.org/take-the-pledge/>



PLANT SOMETHING

Nature's air purifier goes a long way in fighting air pollution: each year, trees prevent millions of respiratory symptoms and hundreds of thousands of school absences. Take the @CleanAirDay pledge to plant something on #CleanAirDayCA:

<https://cleanairday.org/take-the-pledge/>

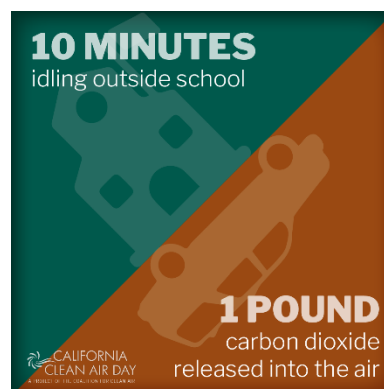


REDUCE VEHICLE EMISSIONS

Every 10 minutes spent idling your vehicle releases 1 pound of carbon dioxide into the air. Pledge to turn it off on #CleanAirDayCA when you take the @CleanAirDay pledge: <https://cleanairday.org/take-the-pledge/>



When air pollution improves, so do cases of asthma in kids. Pledge not to idle in the school pick-up line on #CleanAirDayCA when you take the @CleanAirDay pledge: <https://cleanairday.org/take-the-pledge/>



#CleanAirDayCA is a great chance to clear the air by trying an alternate form of transportation. Pledge to leave your car at home and try these out on @CleanAirDay: <https://cleanairday.org/take-the-pledge/>



Transportation is the single biggest source of air pollution in California. On #CleanAirDayCA, give public transportation a try to clear the air and save yourself from traffic! Take the @CleanAirDay pledge now: <https://cleanairday.org/take-the-pledge/>

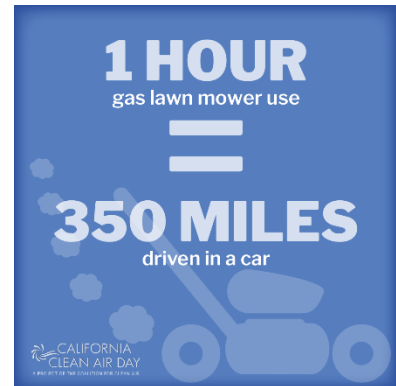


SWITCH IT OUT

Cleaning products can contain nasty fumes that cause asthma, respiratory problems and more. Pledge switch to natural all-purpose cleaner on #CleanAirDayCA when you take the @CleanAirDay pledge: <https://cleanairday.org/take-the-pledge/>



Gasoline-powered yard tools lack the emission-reducing tech found in cars, creating high emissions in a short amount of time. Pledge to switch to electric- or hand-powered yard tools on #CleanAirDayCA when you take the @CleanAirDay pledge: <https://cleanairday.org/take-the-pledge/>



Instead of making several online purchases throughout the week, make your @CleanAirDay pledge place just one order every week to cut down on emissions from shipping: <https://cleanairday.org/take-the-pledge/> #CleanAirDayCA

