



Adelaide French - 7th Grade

# 2026 Clean Air For All Calendar

Featuring art by 13 San Diego County K-12 Students



San Diego County  
Air Pollution  
Control District

# 12 Ways to Reduce Air Pollution Everyday

**1** Walk, bike, or use public transportation.



**2** Use a surge protector for multiple electronics and turn it off when it's not in use.

**3** Maintain your vehicle and keep your tires properly inflated.



**4** Replace your old barbecue with a natural gas or electric grill.





**5** Organize and condense errands into one trip.



**6** Use a fan instead of air conditioning.



**7** Choose products that use recycled materials.

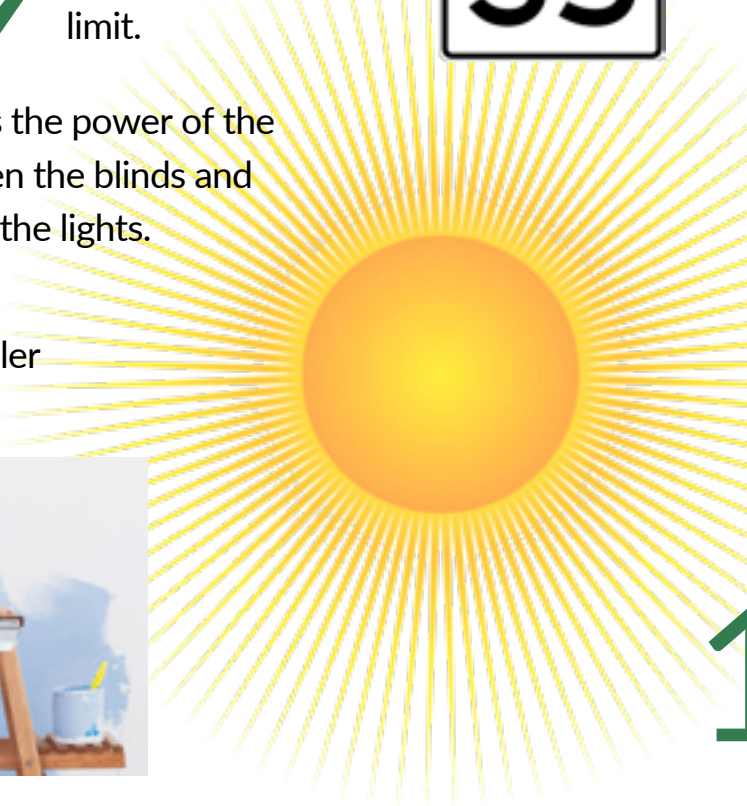
**9** Accelerate gradually and obey the speed limit.



**8** Consider bringing lunch to work to avoid mid-day outings.

**10** Harness the power of the sun: open the blinds and turn off the lights.

**11** Paint with a brush or roller instead of a sprayer.



**12** Plant a tree! They filter the air and provide shade.



Clean

Air

for all!

# JANUARY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**Fact:**

Air quality is determined by the quantities and types of gaseous and particulate pollutants in the air we breathe.

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New Year's Day

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Martin Luther King Day

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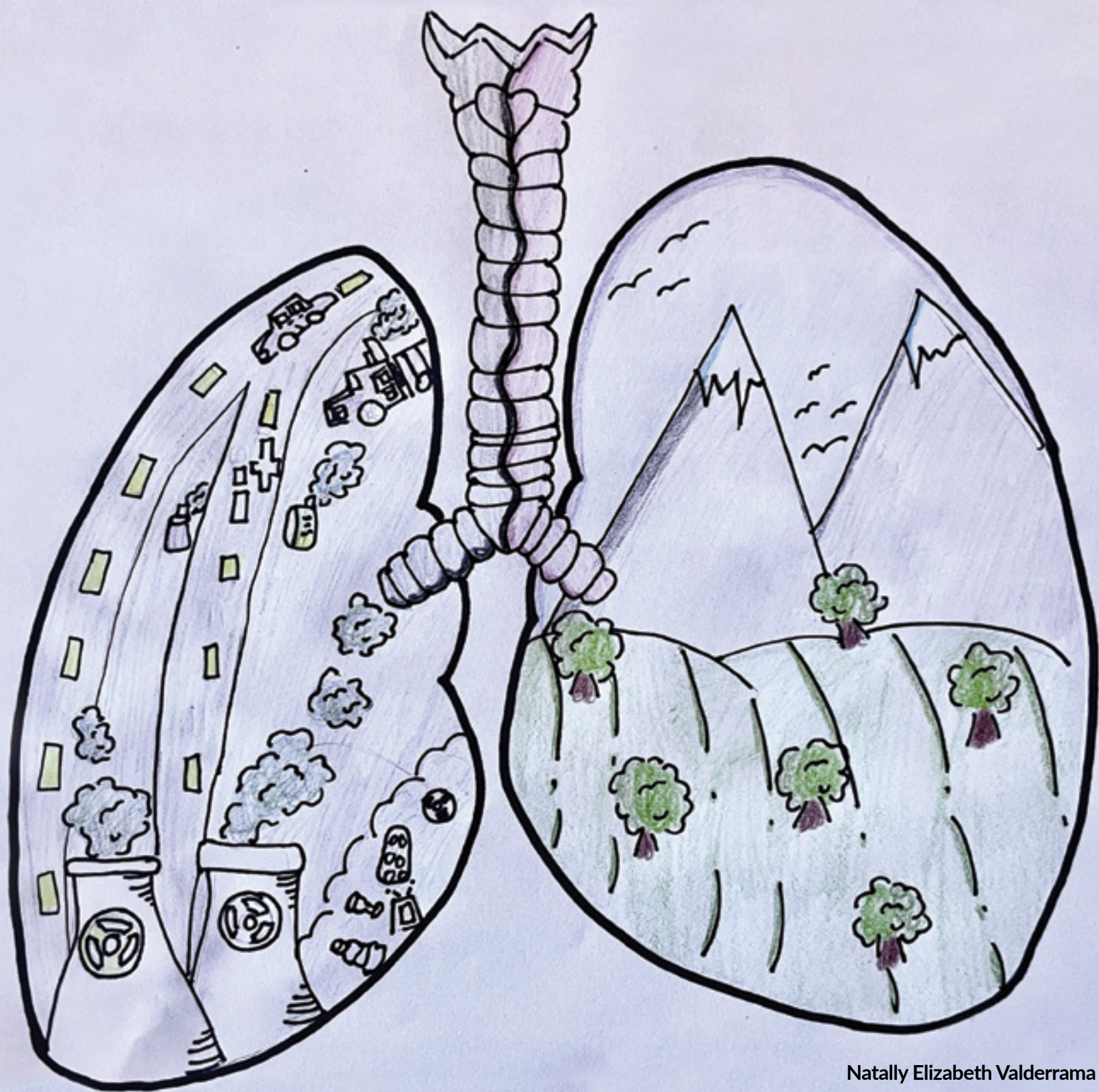
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# FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Groundhog Day	3	4	5	6	7
8	9	10	11	12	13	14 Valentine's Day
15	16 President's Day	17 Ramadan	18	19	20	21
22	23	24	25	26	27	28
				<p><b>Fact:</b> Breathing ozone irritates the lungs, causing inflammation - much like a bad sunburn inside the airways.</p>		





Evelyn Tello - 1st Grade

# MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
Daylight Saving Time starts						
15	16	17	18	19	20	21
		St. Patrick's Day			First Day of Spring	
22	23	24	25	26	27	28
29	30	31		<p><b>Fact:</b> Electric vehicles produce fewer air pollutants. They stir up dirt but don't produce harmful gasses.</p>		





# APRIL

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<b>Fact:</b> The theme for Earth Day 2026 is <b>Our Power, Our Planet:</b> empowering people to drive climate action, transition to renewables, and build a sustainable future.			1 <small>Passover April Fool's Day</small>	2	3	4
5 <small>Easter</small>	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22 <small>Earth Day</small>	23	24	25
26	27	28	29	30		





RETAIL

# MAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<b>Fact:</b> Hot sunny summer weather can contribute to greater production of ground-level ozone pollution.					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
Mothers Day						Armed Forces Day
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	Memorial Day					





# JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
Flag Day	21	22	23	24	25	26
Father's Day Summer Begins	28	29	30	<b>Fact:</b> Birds exposed to high levels of pollutants may lay eggs with thinner shells, making them more vulnerable to breakage and reducing hatching success.		





# JULY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**Fact:**

Air pollution is most common in large cities where emissions from many different sources are concentrated.

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Independence Day

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What about me.



# AUGUST

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p><b>Fact:</b> The Blue Whales and Blue Skies Protection Program encourages slower vessel speeds along the California coast to reduce air pollution and protect endangered whales.</p>						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 30	24 31	25	26	27	28	29





Jamicah Mendoza - 3rd Grade

# SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7 Labor Day	8	9	10	11 Patriot Day Rosh Hashanah	12
13	14	15	16	17	18	19
20 Yom Kippur	21	22 First Day of Autumn	23	24	25	26
27	28	29	30	<p><b>Fact:</b> Major sources of air pollution include vehicle emissions, industrial activities, and household heating.</p>		





**WE NEED  
CLEAN AIR!**

**STOP AIR  
POLLUTION**

# OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Fact:</b> Climate change increases the risk for wildfires and resulting smoke that spreads dangerous particle pollution.</p>				1	2	3
4	5	6	7	8	9	10
11	12 <small>Columbus Day Indigenous Peoples' Day</small>	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31 <small>Halloween</small>





# NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <small>Daylight Saving Time Ends</small> 	2	3	4	5	6	7
8	9 	10	11 <small>Veteran's Day</small>	12	13	14
15	16	17	18	19 	20	21
22	23	24	25	26 <small>Thanksgiving</small> 	27	28
29	30			<b>Fact:</b> Trees act as natural air filters, absorbing pollutants through their leaves and releasing clean oxygen.		





HELP! Be kind to our planet

# DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
					Hanukkah	
6	7	8	9	10	11	12
						
13	14	15	16	17	18	19
						
20	21	22	23	24	25	26
	First Day Winter				Christmas	Kwanzaa
27	28	29	30	31	<b>Fact:</b> Air pollution affects children more than adults because kids breathe more air for their size and spend more time playing hard outdoors.	
				New Years Eve		



