



# Jackson County Health Department

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NEWS RELEASE FROM: **Jackson County Health Department**

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FOR: IMMEDIATE RELEASE

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## **Jackson County Health Department (JCHD) Kicks off “Pollution Prevention Month” in September**

Jackson, Michigan, September 2007 – What are two essential ingredients for healthy living? Clean air and clean water. However, everyday we pour or release harmful substances such as poisonous gases, chemicals and garbage into our environment. These substances are called pollutants and they damage our natural resources. The residents of Jackson County may suffer from a variety of ill health effects if the necessary steps are not taken to protect our valuable environmental resources.

Pollution prevention examines ways of reducing the creation of pollution and waste by changing the way we buy, make or discard things. Pollution prevention looks for ways to use less toxic or less hazardous materials in place of more toxic ones and seeks areas where energy, water or other raw materials can be saved or conserved. Pollution prevention has grown from just a good idea many years ago to one of the principal ways to protect the environment. As a result, our land, air, and water are cleaner and safer.

“Your local health department is a great resource for information and consultation on various types of pollution and their ill effects on personal health”, said Shelly Bullinger, Deputy Health Officer at the Jackson County Health Department. Another wonderful resource we have in our community is Recycle Jackson; a group of individuals dedicated to the benefits of recycling and to encouraging Jackson County residents to become involved.

The Jackson County Health Department recommends the following tips for pollution prevention:

- › Turn off lights, TV, radio and other electrical items when not in use
- › Use low-energy or energy-saving light bulbs
- › Turn off your engine when waiting - do not idle!
- › Install "low-flow" shower heads and faucets to reduce water use
- › Only run the dishwasher when it is full and use dishwasher soap that does not contain phosphates
- › Disconnect the down spout from your eaves trough if it discharges into a sewer system
- › Don't pour chemicals down the storm sewer
- › Buy biodegradable or environmentally friendly soap and other cleaning supplies
- › Walk, cycle, carpool or use public transportation



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“Opportunities can be found at home, when you shop at the store, when you go to school or when you go to work. You can take steps every day to help stop pollution, said Shelly Bullinger. “Once you get in the habit of thinking about the pollution you are creating, you will soon recognize more and more opportunities for preventing it”.

The Jackson County Health Department is committed to protecting the health and well-being of its citizens and also the environment. For additional information about pollution prevention, contact the Environmental Health division of JCHD at 788-4433 or visit [www.co.jackson.mi.us/hd](http://www.co.jackson.mi.us/hd). You can also find out more information about Recycle Jackson by visiting [www.recyclingjacksonmi.org](http://www.recyclingjacksonmi.org).



**The Jackson County Health Department’s mission is to  
continually endeavor to prevent disease,  
prolong life, and promote the public health.**

***Jackson County Health Department, Creating Healthy Communities!***