



01 OZONE ALERT!

TAKE ACTION ON OZONE ALERT! DAYS

With summer comes Tulsa's Ozone Alert! season. Although ozone is a protective element in the upper atmosphere, it can cause health problems when it's in the air we breathe at ground level.

Ground-level ozone forms when emissions from sources such as cars, trucks, gasoline-powered equipment, and household paints, stains and solvents, combine with other pollutants and "cook" in the heat and sunlight.

When air pollution and weather conditions favor the formation of unhealthy ozone, Tulsa issues an Ozone Alert! On those days, children, the elderly and individuals with asthma are especially at risk. You can help reduce ozone in the following ways:

- **Avoid idling**
- **Drive less – work remotely, take the bus, or carpool**
- **Delay yard work - electric tools are okay**
- **Refuel at night or the next day**

Sign up to receive Ozone Alert! Day text notifications by texting the word "AIR" to "41372." Visit www.tulsaairquality.com or simply scanning the QR code for hourly ozone data and information about how you can help.



CITY LIFE

JULY 2025

IN THIS EDITION OF CITY LIFE

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HELP REDUCE OZONE

Be prepared on Ozone Alert! Days by following a few simple precautions.

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ON TRACK FINANCIALLY

Schedule a free financial counseling session with the Tulsa FEC.

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USING WATER WISELY

Learn ways to conserve water both inside and outside of your home.

04

MANAGE STORMWATER

Consider low impact development to help absorb and filter stormwater.

+ PLUS: PREPARE FOR THE SUMMER HEAT!

WWW.CITYOFTULSA.ORG | TULSA311@CITYOFTULSA.ORG | CALL 311



02 ON TRACK FINANCIALLY

FREE FINANCIAL COUNSELING AVAILABLE

The Tulsa Financial Empowerment Center (FEC) is here to help you achieve financial stability and success—at no cost to you. Whether you're looking to reduce debt, improve your credit score, or plan for the future, trained financial counselors are available to support your journey.

FEC Services Include:

- **One-on-One Financial Counseling:** Personalized sessions tailored to your financial goals.
- **Budgeting and Money Management:** Create and stick to a budget, manage expenses, and save for future needs.
- **Debt Management:** Learn strategies to reduce and manage debt, including consolidation and repayment plans.
- **Credit Building and Repair:** Get tips and resources to improve your credit score and establish healthy credit habits.
- **Financial Planning:** Assistance with setting long-term goals, planning for major expenses, and preparing for emergencies.

Your counselor will walk you through a Financial Health Assessment, help you build a budget, and determine which service plan best fits your needs. You'll also receive a free credit report.

To schedule an appointment, visit www.tulsaresponds.org/fec or call (918) 900-0918.

03 WATER CONSERVATION

SMALL STEPS CAN SAVE WATER, MONEY

Although the City of Tulsa has a plentiful water supply, residents can still take steps to reduce their water usage. Saving water around your home is simple and smart. Minor adjustments to your house and your behavior can work wonders. Here are a few tips to conserve water:

INSIDE:

- **Fix leaks immediately.** A faucet leak can waste 20 gallons per day; a toilet leak can waste 200 gallons per day.
- **Turn off the tap while brushing teeth or shaving to save 5 to 8 gallons per day.**
- **Take a five-minute shower instead of a bath to save 50 gallons of water. If you take a bath, plug the tub immediately and adjust water temperature as the tub fills.**
- **Installing low-flow faucet aerators, faucets, shower heads and toilets can reduce water usage by 5 to 20 percent. Look for WaterSense® labeled devices.**
- **Replace old dishwashers or washing machines with new ENERGY STAR® models. If you can't replace machines, wash only full loads of dishes and clothes, or lower the water temperature setting.**

OUTSIDE:

- **Water in the morning to prevent water loss by evaporation. Avoid watering when it is windy.**
- **Maintain or upgrade your automatic irrigation system to reduce water waste. Check sprinkler patterns to make sure you're not watering the street or sidewalk.**
- **Use a hose nozzle with shut-off when watering manually, and use soaker hoses for trees and shrubs.**
- **Clean driveways and sidewalks with a broom instead of a water hose.**
- **Use climate-appropriate and native species in landscaping. Use mulch around plants to help reduce evaporation.**

More tips: www.epa.gov/watersense

BEAT THE HEAT

KNOW WHAT TO DO WHEN TEMPS SOAR

Tulsa's social service and government agencies work together each summer to monitor heat conditions and minimize the effects of high temperatures on residents' health. Still, it's important for all Tulsans to know how to handle the heat.

People of all ages who work or play outdoors are vulnerable to heat-related illnesses. Even in-shape athletes can fall victim to the heat.

Children and the elderly especially can be affected, warns the Emergency Medical Service Authority (EMSA). Be sure to call or visit older, at-risk adults twice a day to check if they are experiencing symptoms of heat exhaustion or heat stroke. If their home is too hot or you are worried about their transportation options, take them to air-conditioned locations.

EMSA cautions parents, caretakers and athletic coaches to take the heat seriously and understand that Oklahoma's hot temperatures can be deadly.

Vigorous outdoor activities, including football practices and similar activities, should be interspersed with frequent cooling breaks and participants should drink water or sports drinks. Also, avoid extremely cold liquids because they can cause cramps.

Call **911** immediately if you see the symptoms of heat exhaustion or heat stroke in a relative, friend, co-worker or yourself. Also, supervisors and workers who work outdoors in extremely hot environments should watch for heat-related symptoms and illnesses and call for medical assistance if needed.



04 MANAGING STORMWATER

CONSIDER LOW IMPACT DEVELOPMENT

While flood control is an immediate concern when it rains, it is important also to remember stormwater quality.

Low Impact Development is a design approach that helps protect water resources by using techniques that absorb and filter stormwater. Use Low Impact Development (LID) techniques to prevent or reduce flooding on your property.

Here are ways you can apply Low Impact Development:

Install a rain garden: Plant native vegetation in an area where it will capture stormwater runoff from rooftops, lawns and pavement.

Disconnect downspouts: Direct gutter drains into landscaped areas to reduce irrigation needs or connect a rainwater harvesting system, such as a rain barrel, and store the water for future use.

Reduce runoff from driveways and patios: Minimize width and length of driveways and size of patios, and/or use permeable pavers to allow stormwater to soak into the ground rather than run off your lot.



For more information scan the QR code.