

ENVIRONMENTAL HEALTH
SAN MATEO COUNTY



10 Simple Ways You Can Reduce Your Greenhouse Gas Emissions in the Office:

1. Set print default settings to double sided
2. Set your computer to stand-by settings
3. Take alternative transportation to work - bike, take the train, carpool, walk
4. Plug in your electronics into a power strip
5. Bring your own coffee mug and water bottle
6. Encourage your employer to buy energy-star appliances & copy/fax machines
7. Replace incandescent desk bulbs with energy-efficient fluorescent ones
8. Take the stairs
9. Buy/use supplies made out of post-consumer recycled content
10. Recycle paper, newspaper, cardboard, boxes, beverage containers, print cartridges, electronics, batteries, etc.

San Mateo — One Cool County!

San Mateo County Joins the Cool Counties Initiative

On October 16, 2007, the Board of Supervisors committed San Mateo County to combat global warming and reduce greenhouse gas emissions by adopting the U.S. Cool Counties Initiative, a joint effort between county governments and the Sierra Club. The initiative aims to combat global warming by both raising awareness and promoting concrete actions that individuals and local governments can take to reduce emissions.

Supervisors pledged to work closely with local, state and federal governments and other leaders to achieve the goal of reducing County greenhouse gas emissions 80 percent by 2050. Supervisors also set a goal to cap the County's global warming emissions by 2010 and then reduce emissions 10 percent every five years through 2050 — an average annual reduction of 2 percent.

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What if it Breaks?

Fluorescent lights save electricity; so they are a good choice for energy conservation. However, they do contain a very small amount of mercury sealed within the glass tubing, which can not go into the trash. Ideally, the bulbs should last several years and then go to your retail take-back partner or to the County's Household Hazardous Waste (HHW) collection center for proper disposal. But accidents do happen — so the US Environmental Protection Agency (EPA) recommends the following clean-up guidelines:

1. **Open a window and leave the room for 15 minutes or more.**
2. **Carefully scoop up the fragments and powder with stiff paper or cardboard and place them in a sealed plastic bag.**

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What if it Breaks?

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- Use disposable rubber gloves, if available (i.e., do not use bare hands).
 - Wipe the area clean with damp paper towels or disposable wet wipes and place them in the plastic bag.
 - Do not use a vacuum or broom to clean up the broken bulb on hard surfaces.
- 3. Place all cleanup materials in a second sealed plastic bag.**
- Place the first bag in a second sealed plastic bag and take it to the County HHW.
 - Wash your hands after handling the bags.
- 4. If a fluorescent bulb breaks on a rug or carpet:**
- First, remove all materials you can without using a vacuum cleaner, following the steps above. Sticky tape (such as duct tape) can be used to pick up small pieces and powder.
 - If vacuuming is needed after all visible materials are removed, vacuum the area where the bulb was broken, remove the vacuum bag (or empty and wipe the canister) and put the bag or vacuum debris in two sealed plastic bags. Contact the County HHW program for proper disposal.

Need to bring in a broken bulb with your other stored-up household hazardous waste? Call San Mateo County HHW at (650) 363-4718, or make an appointment online at www.smhealth.org/hhw.

Earth Day Events...

On April 22, 1970, 20 million people across America celebrated the first Earth Day. To this day the fight for a clean environment continues. We invite you to be part of history and a part of Earth Day. Many organizations here in San Mateo County are sponsoring Earth Day events, to keep up with the growing list visit www.flowstobay.org.



San Mateo — One Cool County!

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Some green actions that the County has already implemented include:

- **Recycled Products** – In 2000, the County adopted an environmental purchasing policy.
- **Sustainable Building** – Since 2001, all new county facilities to be LEED certified.
- **Deconstruction** – Since late in 2006, all County demolition projects over \$5,000 must be deconstructed and materials recycled wherever possible.
- **Lighting Retrofits** – In 1995, the County participated in the EPA Green Lights program to improve energy efficiency of the County buildings. The County continues to replace lighting fixtures at all county facilities with more energy efficient fixtures and bulbs.
- **The Commute Alternative Program** – In 1992, the County established this program to encourage employees to use mass transit.
- **Green Fleet** – In 2005, the County adopted a policy to increase the average MPG of the county fleet by 5 MPG by 2010.



Used Oil and Filter Recycling

We are all familiar with recycling paper, newspapers, aluminum cans and glass and plastic bottles, but you may not be aware of motor oil and filter recycling. Used oil and filters do not belong in the trash!!! If they end up in a landfill, oil can leach into the environment and into our waterways. One gallon of used oil improperly disposed of can contaminate 1 million gallons of water. In addition, if you recycle just two gallons of used oil it can generate enough electricity to run the average household for almost 24 hours.*

If you change your own oil or know someone who does you can help save energy and a valuable resource by recycling your used oil and filter. Take your used oil and filter to one of the recycling centers conveniently located here in San Mateo County. See page 4 for locations.

* <http://www.recycleoil.org/>

Manage Pests without Harming People, Pets, and our Environment

As part of a program called “Our Water Our World”, the San Mateo Countywide Water Pollution Prevention Program has partnered with retail stores to make less toxic pest control and gardening products more available to consumers. Participating stores (shown below) provide fact sheets and Shelf Talkers to make it easy for you to choose a less or non-toxic product.

How can the “Our Water, Our World” program help you?

Fact sheets, shelf talkers, less toxic product lists, and online help are all tools to help you manage your home and garden pests.

Fact Sheets – 15 fact sheets (Ants, Weeds, Aphids, Roses, and more) designed to assist you in good pest management — preventing pest problems in your home, yard, and garden without harmful effects to non-

target organisms, people and pets. Look for literature racks displaying fact sheets in the pesticide and garden aisle’s of participating retail stores listed below. Fact sheets can also be found online at www.ourwaterourworld.org or by requesting hard copies at (650) 599-1325.



SHELF TALKERS ARE PLACED BENEATH A LESS TOXIC (OR NON TOXIC) PRODUCT ON THE STORE SHELF.

Shelf Talkers – Are small tags placed beneath less toxic products on store shelves that indicate the product is less- or non-toxic to people and pets, but formulated to control and get rid of the targeted pest problem.

Less Toxic Product Lists – The products on this list are based on the Bio-Integral Resource Center (www.birc.org) directory of less toxic products and the criteria defined by water quality protection agencies. Product Lists and Product List Criteria can be downloaded at www.ourwaterourworld.org.

Ask the Expert – Online help allows you to ask a specific pest control question and receive a personal reply. Your question will be answered by staff at the Bio-Integral Resource Center in Berkeley, California. The Center is a nonprofit organization offering over 25 years of experience in the development and communication of least-toxic methods. Click on “Ask the Expert” at www.ourwaterourworld.org.

Pest Control Products to Avoid

- **Aerosols and Home Foggers** disperse chemicals in a way that significantly increase the risk of exposure to people and pets.

- **Metaldehyde Snail Baits** contribute to hundreds of pet poisonings per year.
- **Pyrethroids** are a threat to water quality and are highly toxic to aquatic insects and crustaceans. Avoid products that end in “thrin”. The exception to this is pyrethrin which is produced naturally from the chrysanthemum flower.
- **Lawn Pesticides** are rarely, if ever, needed for home lawns. Chemicals in them are linked to adverse long term health effects. In particular “weed and feed” type products, which mix fertilizers with pesticides, result in unnecessary pesticide use.

Our Water, Our World Participating Stores in San Mateo County

Store Name	Address	City
North County		
Home Depot	2 Colma Blvd	Colma
Home Depot	303 E. Lake Merced Blvd	Daly City
Orchard Supply Hardware	2245 Gellert Blvd	So. San Francisco
Sloats Garden Center	675 El Camino Real	San Bruno
Orchard Supply Hardware	900 El Camino Real	Millbrae
Orchard Supply Hardware	1010 Metro Center Blvd	Foster City
Home Depot	2001 Chess Dr	San Mateo
Golden Nursery	1122 Second Ave	San Mateo
South County		
CarlmontAce Hardware	1029 Alameda De Las Pulgas	Belmont
Carlmont Nursery	2029 Ralston	Belmont
Brisbane Hardware	1 Visitacion Ave	Belmont
Home Depot	1125 Old County Rd	San Carlos
The Garden Shed	1136 El Camino Real	San Carlos
Wegman’s Nursery	492 Woodside Rd	Redwood City
Orchard Supply Hardware	2110 Middlefield Rd	Redwood City
Ace Hardware	700 Santa Cruz Ave	Menio Park
Roger Reynolds Nursery	133 Encinal Ave	Menio Park
Al’s Nursery	900 Portola Rd	Portola Valley
Home Depot	1781 East Bayshore Rd	East Palo Alto
Coast		
Linda Mar Hardware	560 San Pedro Ave	Pacifica
Half Moon Bay Nursery	11691 SanMateoRd	Half Moon Bay
Ocean Shore Hardware	111 Main St	Half Moon Bay

Recycle your used motor oil, oil filters, antifreeze, car batteries, latex paint, fluorescent lamps¹, and household batteries!²

San Mateo County has compiled this list as a reference. If you have any questions about proper disposal of other household chemicals, please call 650-363-4305. To dispose of other household waste at a collection event call **363-4718** or visit smhealth.org/hhw to make an appointment.

Site	Address	Phone	Automotive	Household
Atherton¹				
Town Hall	91 Ashfield Rd.	325-4457		H
Permit Center	83 Station Lane	752-0560		H
Belmont¹				
Carlmont Village Shell ³	2000 Ralston Ave.	592-3637	O T	
Brisbane¹				
Brisbane City Hall	50 Park Place	415-508-2130		H
Burlingame¹				
Burlingame City Hall	501 Primrose Rd.	558-7200		H
Burlingame Valero	601 California Dr.	347-0486	O F	
Curries Chevron ¹	260 El Camino Real	344-6120	O F	
Lithia Chrysler Jeep Dodge ²	1025 Rollins Rd.	342-2120	O	
Daly City				
Allied Waste	1680 Edgeworth Ave.	756-1130		H
Bayshore Chevron ³	2690 Bayshore Blvd.	415-330-9888	B O F	C
Bayshore Library Third Floor	460 Martin St.	991-8074		H
BFI Mussel Rock T.S.	Westline & Skyline Dr.	755-7068	A	O F T
City Hall Main Lobby	333 90th St.	991-8038		H
Firestone Store ³	4 Serramonte Center	994-1500	A B O F T	
Kragen Auto Parts ³	5 Skyline Plaza	994-2650	B O F	
Kragen Auto Parts ³	7283 Mission St.	755-8890	B O	
Serramonte Library	40 Wembley Dr.	991-8023		H
Speedee Oil Change ³	1600 Sullivan Ave.	755-8777	O	
Westlake Library	275 Southgate Ave.	991-8071		H
East Palo Alto¹				
Auto Zone ³	2160 University Ave.	321-7221	A B O	H
Corporation Yard ³	150 Tara Street	853-5916	O F	
IKEA	1700 East Bayshore Rd.	323-4532		H L
Foster City¹				
AM/PM Hillside Arco	880 E. Hillside Blvd.	349-1849	O	
City Hall	610 Foster City Blvd.	286-3200		H
Valero	501 Foster City Blvd.	345-6500	O F	
Half Moon Bay¹				
Ocean Shore Hardware	111 Main St.	726-5505		H L P
Ox Mountain Landfill ³	12310 Highway 92	726-1819	A B O F T	C
Menlo Park¹				
Belle Haven Child Development Center	410 Ivy Drive	330-2270		H
M&R Automotive ³	1281 El Camino Real	325-3900	O F	
Menlo Park Library	800 Alima St.	330-2500		H
Oil Changer ³	944 Willow Rd.	321-9047	O F	
Onetta Harris Community Center	100 Terminal Ave.	330-2250		H
Sharon Heights Shell	125 Sharon Park Dr.	854-3400	O F	
Millbrae¹				
Auto Zone ³	320 El Camino Real	697-3504	O	
Firestone Store ³	1201 El Camino Real	871-9096	A B O F T	H
Kragen Auto Parts ³	1145 El Camino Real	583-0443	B O F	
Millbrae Library	1 Library Ave.	697-7607		H
Millbrae Square Chevron	501 El Camino Real	697-3275	A B O F T	
Speedee Oil Change ³	390 El Camino Real	692-6740	O F	
Pacifica¹				
Coastside Scavenger	1046 Palmetto Ave.	355-9000	A B O F T	H L P C
Oil Changer ³	2880 Skyline Blvd.	355-7233	O	
Sanford Firestone	705 Hickey Blvd.	355-1154	B O F T	

1. Both fluorescent tubes and compact fluorescents are recyclable.
2. Alkaline, NiCd, Li, NiMH
3. State Certified Collection Centers
4. Household batteries are collected curbside at single-family dwellings

AUTOMOTIVE
A-antifreeze
B-car batteries
O-used motor oil
F-oil filters
T-tires (fee)

HOUSEHOLD
H-household batteries
P-latex paint
L-fluorescent lamps
C-computers, TVs (fee)

Oil and oil filters are accepted free of charge at all locations. State Certified Collection Centers will pay 16 cents per gallon for used oil upon request. A fee may apply for antifreeze, tires, and batteries. Call before visiting collection centers. Used oil and antifreeze must not be mixed with any other automotive products. No broken batteries can be accepted. **Do not leave your oil at an unattended station.**

Site	Address	Phone	Automotive	Household
Pescadero				
BFI Waste Systems	Bean Hollow Rd.	879-0729	B O F T	
Portola Valley				
Ladera Autoworks	104 La Mesa Dr.	854-4522	O F	
Redwood City¹				
Boardwalk Auto Center ²	1 Bair Island Rd.	364-0100	O	
Chanique's Auto Repair	425 Dumbarton St.	365-1322	B O F	
County Government Center	455 County Center, 1st Floor	363-4957		H
Firestone Store ³	1458 El Camino Real	364-1900	A B O F T	
Jiffy Lube ³	640 Whipple Ave.	369-8067	O F	
Kings Union 76	975 Woodside Rd	364-9620	A B O F T	
Kragen Auto Parts ³	2411 El Camino Real	368-2831	B O F	
Oil Changer ³	2762 El Camino Real	366-5394	O F	
Roosevelt Shell	2108 Roosevelt Ave.	366-1886	O F T	
Silver Auto Services	1603 Broadway	245-5783	O F	
Townie Ford Sales ³	2161 El Camino Real	366-5744	O	
Veterans Blvd Shell	690 Veterans Blvd.	369-6675	O F	
San Bruno¹				
Jiffy Lube ³	1580 El Camino Real	588-3970	O F	
San Bruno Garbage Company	101 Taftman Ave.	583-8536	A B O F	H L P C
Sharma Auto Repair ²	1089 Montgomery Ave.	872-9600	O	
Skyline College	3300 College Dr.	738-4126	O F	
Speedee Oil Change ³	801 El Camino Real	952-5178	O F	
San Carlos¹				
Allied Waste	333 Shoreway Rd.	592-2411	A	O F T H L P C
City Hall	600 Elm St.	743-2974		H
Jiffy Lube ³	1030 El Camino Real	594-1688	O F	
Kragen Auto Parts ³	1272 El Camino Real	595-5112	B O F	
Oil Changer ³	1188 El Camino Real	591-0695	O F	
Pepp Boys ³	1087 Old County Road	632-1522	O F	
Quality Tune Up ³	400 El Camino Real	593-7873	O F	
San Mateo¹				
Auto Zone ³	3880 S. El Camino Real	372-0535	B O	
Chevron Oil Stop ³	2009 El Camino Real	572-8000	O F	
Firestone Store ³	2180 S. El Camino Real	345-3535	O F	
Jiffy Lube ³	2517 S. El Camino Real	349-7222	O F	
Kragen Auto Parts ³	407 S. De la Vaca St.	344-8242	O F	
Oil Changer ³	2640 S. El Camino Real	349-1275	B O F	
Mark Morris Tires ³	400 S. Norfolk St.	344-2448	B O	
Read's Service Center	2160 El Camino Real	341-8225	A O F	
San Mateo Auto Care	1641 Palm Ave.	341-6675	A B O F	
San Mateo City Hall	1471 E. Third St.	343-6651	O	H
So. San Francisco¹				
BlueLine Transfer	330 W. 20th Ave.	522-7346		
Firestone Store ³	500 E. Jamie Ct.	589-5511	A B O F T	H L P C
First Automotive Distrib. ³	190 El Camino Real	583-2848	A B O F T	
Kragen Auto Parts ³	273 E. Harris Ave.	333-8871	O	
Kragen Auto Parts ³	1059 El Camino Real	589-8102	B O F	
Meehan Battery	3541 Gallan Blvd.	827-9081	O F	
Shiva Auto Repair	1139 Airport Blvd.	583-6735	B	
Stevens Bay Area Diesel ³	118 S. Spruce Ave.	225-0600	B O F	
Woodside				
Skyfonda Fire Station	480 Littlefield Ave.	872-3656	O	
	17290 Skyline Blvd.	851-1860	O F	H