

WORKING TOGETHER FOR CLEAN AIR

Clean air is important for everyone's health! It is important to understand the air quality in your area so that you are prepared to take action to protect your and your loved one's health. We hope this flyer helps increase your understanding of air quality.



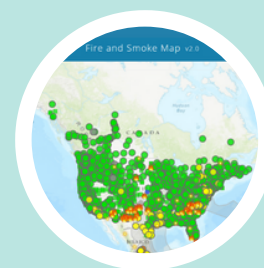
Be Air Aware

Local air quality affects how you live and breathe, so it is important to be aware of the conditions around you. Here's how you can stay in the know about changing air quality conditions near you:



AirNow.gov

Get air quality information for your area. AirNow is available as an app and as a website at airnow.gov.



Fire and Smoke Map

Find local air quality data and get information on fires, smoke plume locations, and more at fire.airnow.gov.

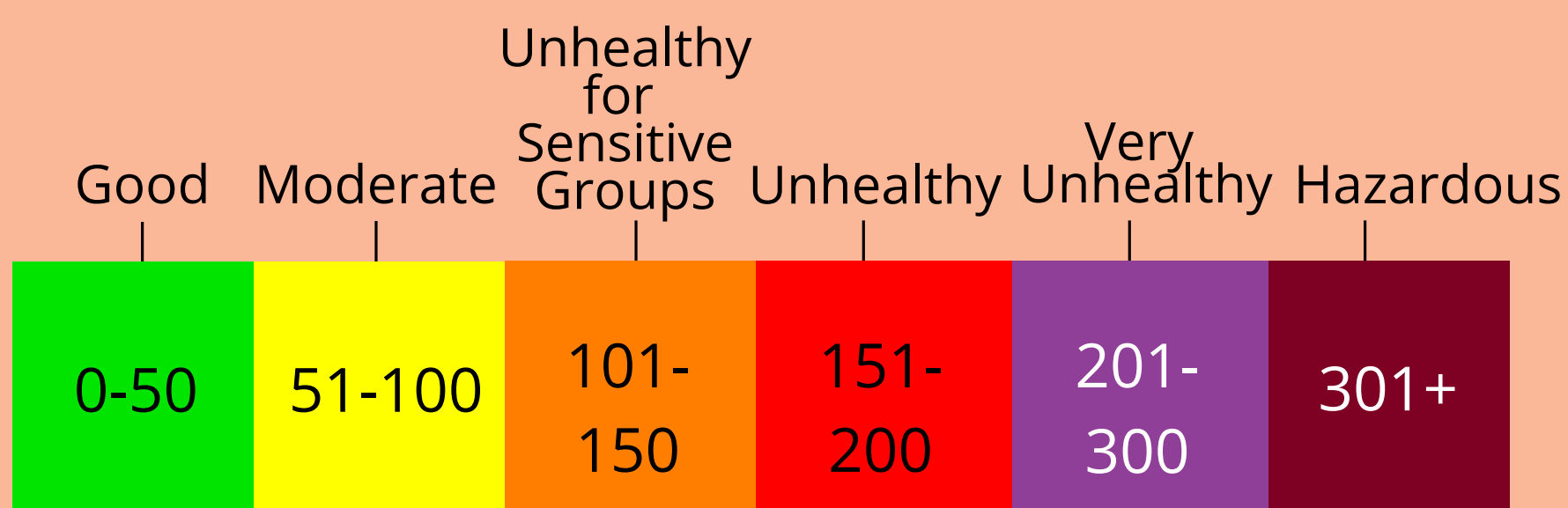


Local Media

Local television, radio, and newspapers may provide daily air quality reports. Check your local media daily.

Understanding the AQI:

The AQI (Air Quality Index) is a guide for reporting daily air quality that tells you how clean or unhealthy your air is. Think of the AQI as a yardstick that runs from 0 to 500. The higher the AQI value, the greater the level of air pollution and the greater the health concern.



What Air Quality Means for You & Your Family

Understanding Your Risk:

Unhealthy air quality affects everyone, but those in sensitive groups (such as those with heart or lung disease, outdoor workers, older adults, and children) may be especially at risk. Talk to your doctor if you have questions about your risk level.

Preparing for Poor Air Quality




Cloth masks will not protect you from wildfire smoke. We recommend wearing a N95 or P100 respirator mask to provide protection from smoke and ash.

Plan Ahead:

If you live in an area where wildfire risk is high, take steps now to prepare for fire season. Being prepared for fire season is important for everyone's health.

Tips for Keeping Indoor Air Clean from Wildfire Smoke:

- Consider purchasing, or renting, a portable air cleaner
- If you have an HVAC system, stock up on filters (MERV rating 13+)
- If you use a DIY air cleaner, make sure to use a newer model box fan (2012 or newer)
-  Do-it-yourself (DIY) air cleaners are indoor air cleaners that can be assembled from box fans and square HVAC (or furnace) filters. For more information, visit epa.gov

Protecting You & Your Family

Studies also show that air pollution can trigger serious health effects, including heart attacks and stroke — especially in those already at risk. It can also make asthma symptoms worse and trigger attacks. Know the symptoms and learn how to reduce your exposure to unhealthy air.

Know the Symptoms:




- Chest tightness/pain
- Palpitations
- Shortness of breath
- Unusual fatigue
- Numbness
- Trouble Seeing/Walking



- Cough
- Phlegm
- Chest tightness
- Wheezing
- Shortness of breath

Tips to Reduce Exposure to Unhealthy Air:

- Reduce time spent being active outdoors.
- Reduce the intensity of outdoor activity.
- Wait until the air quality improves to be active outdoors.
- Run a portable air cleaner, DIY air cleaner, or your HVAC system.
- Avoid activities that create pollution indoors such as frying foods, vacuuming, and sweeping.
- Keep windows and doors closed.
-  Seek shelter elsewhere if you do not have an air conditioner and it is too warm to stay inside with the windows closed.

Additional Resources:

To order 'Why Is Coco Orange?' visit:

airnow.gov/education/why-is-coco-orange/
Available in English and Spanish

To learn about the Air Quality Flag Program, visit:

airnow.gov/air-quality-flag-program/
Available in English and Spanish

For online environmental education resources, visit:

epa.gov/students/lesson-plans-teacher-guides-and-online-environmental-resources-educators
Available in English and Spanish

