

GROUPS SENSITIVE TO AIR POLLUTION

Certain members of our families and communities may be more sensitive to the negative health effects of air pollution than others. It's important to know who is more sensitive to air pollution, especially on days where the air quality is Unhealthy for Sensitive Groups (USG), or code orange.

Children

Air pollution could damage their still-developing lungs. They tend to spend more/ longer time outside. They also breathe in more air per pound than adults.

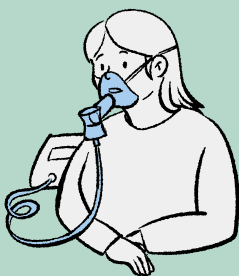


Pregnant Women

Exposure to air pollution could cause an expectant mother to experience asthma which could lead to preeclampsia. Exposure to air pollution could also lead to pre-term birth or low birth weight.

Older Adults

Adults over 65 are more likely to have weakened or compromised immune systems and pre-existing conditions like high blood pressure. This causes their bodies to be less able to compensate for the effects of air pollution.



People with heart & lung conditions

People with existing heart or lung conditions who are exposed to air pollution may experience worsening symptoms, contribute to the worsening of the disease/condition, and even a decreased life expectancy.

ACTIONS YOU CAN TAKE EVERY DAY TO KEEP YOURSELF & YOUR FAMILY SAFE FROM THE HARMFUL EFFECTS OF AIR POLLUTION

Be Prepared Ahead of Time



Check the air quality every day on [AirNow.gov](https://www.airnow.gov).



Know who in your home is sensitive to air pollution.



Make sure inhaler prescriptions are on-hand and current.



If your home has forced air heating/cooling system that filters out particles, be sure that particle filtration is installed properly and is well maintained.



Purchase in-home air purifiers.



On Bad Air Quality Days



Consult the AQI Outdoor Activity Guidance.



Move activities indoors.



If you must go outside, limit time or take frequent breaks, or wear a well-fitting N95 respirator.



If your home has a forced air heating/cooling system that filters out particles, keep HVAC system on and running.



Utilize in-home air purifiers.



Call your doctor.

