

# AIR QUALITY & RESPIRATORY HEALTH

## WHAT CAN IMPACT AIR QUALITY?

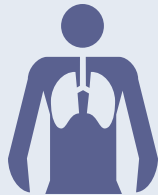
- Extreme weather events, including heat waves, extreme rain and droughts
- Wildfires and wildfire smoke
- Soot in the air
- Allergens in the air, including pollens, mold and fungus
- Insect and water borne diseases
- Higher levels of ground-level ozone (smog)



Those most at risk are those who have respiratory illnesses and people over the age of 60.

### Examples of Respiratory Illnesses

- *COPD*
- *Asthma*
- *Emphysema*
- *Chronic Bronchitis*
- *Pneumonia*



25 million people in the U.S. have Asthma

COPD is the 4th Leading Cause of Death in the U.S.

## Poor Air Quality Can Hurt Your Health

- Breathing can be difficult
- Asthma or emphysema symptoms can worsen almost immediately when exposed to poor air quality
- Eyes, nose, throat and lungs become irritated
- Can cause harm to pregnant people and their unborn babies

## What Can We Do?

- Avoid physical activity outdoors
- Close your windows and run your air conditioner if you have one
- If you have an inhaler, keep it close by
- Wear a mask
- If you are struggling to breathe, seek medical care
- Check your air quality index

# Understanding Your Risk

The CDC recommends you check the **Air Quality Index** in your area, especially if you have a respiratory illness like asthma or COPD.

If your air quality is in the bad range (over 100) you may want to avoid strenuous outdoor activity.



Air Quality Index (AQI) Values	Level of Health Concern
0-50	Good
51-100	Moderate
101-150	Unhealthy for Sensitive Groups
151 to 200	Unhealthy for all
201 to 300	Very Unhealthy
301 to 500	Hazardous

*AirNow.gov is a great resource to check on air quality based on your exact location. Just type in your zip code or city!*

## Sources: