WHAM

Why Healthy Air Matters

Air Quality Education by South Coast AQMD

South Coast AQMD

When we inhale, where does the oxygen go?
Where do the other gases and particles go?

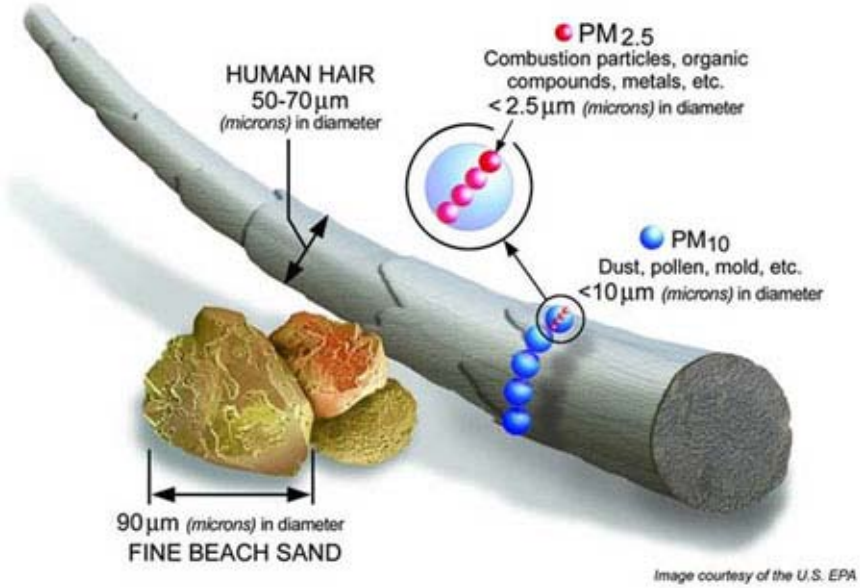
What is different about the air we exhale compared to what we inhale?

Are everyone's lungs the same?
Why or why not?

Why Do Particles Matter?

When you breathe, fine particles can travel deep into your lungs, causing:

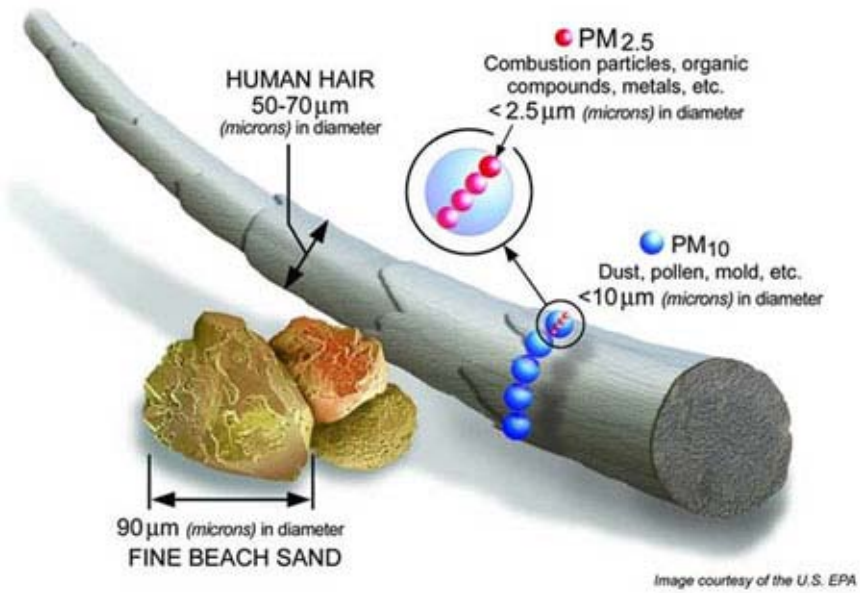
- Respiratory problems, such as coughing, throat irritation, difficulty breathing, asthma, bronchitis, and many other ailments.
- Heart problems, such as heart attacks or an irregular heartbeat.



Why Do Particles Matter?

PM10: eliminated through coughing, sneezing, and swallowing.

PM2.5: can penetrate deep into the lungs and travel to the alveoli (tiny air sacs in our lungs), causing lung and heart problems



Air Quality Index		
AQI Category and Color	**Index Value**	**Description of Air Quality**
Good Green	0 to 50	Air quality is satisfactory, and air pollution poses little or no risk.
Moderate Yellow	51 to 100	Air quality is acceptable. However, there may be a risk for some people, particularly those who are unusually sensitive to air pollution.
Unhealthy for Sensitive Groups Orange	101 to 150	Members of sensitive groups may experience health effects. The general public is less likely to be affected.
Unhealthy Red	151 to 200	Some members of the general public may experience health effects; members of sensitive groups may experience more serious health effects.
Very Unhealthy Purple	201 to 300	Health alert: The risk of health effects is increased for everyone.
Hazardous Maroon	301 and higher	Health warning of emergency conditions: everyone is more likely to be affected.

Do you remember a time when the air was so bad you did not want to go outside? Why was the air bad? What did it feel like when you breathed in the air?

Who is in charge of “fixing” the air when it is bad?

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Questions?