# Air Pollution and You



## What Can Cause Poor Air Quality?



Ships/Planes/Trains



Industry



Consumer **Products** 



Wild Fires



Windblown **Dust** 

### **Health Impacts**



**Asthma** 



**Increased Likelihood** of Infection



Irritation of Eyes, Nose, and Throat



Coughing & Shortness of **Breath** 



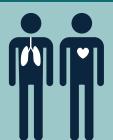
**Bronchitis** 



Cancer

### Who Is More Affected?

People with Chronic **Lung/Heart Disease** 



Older Adults



Children



**Pregnant Women** 



People who **Exercise Outdoors** 



#### Protect Yourself from Poor Air Quality



**Move Indoors** 



Close Windows



**Avoid Vigorous Activity Outside** 



Run AC or Air Purifier With a HEPA Filter



A well-fit N-95 May Offer Some **Protection** 



**Avoid Fans** That Bring in **Outside Air** 

Reporting an Air Quality Complaint



L 1-800-CUT-SMOG



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