

HOW DOES AIR POLLUTION IN AND AROUND YOUR HOME IMPACT YOUR HEALTH?

Air pollution in and around your home can come from a variety of sources and can cause health problems for you, your family and your neighbors. Here are some tips to minimize how much air pollution you breathe in and around your home.



WOODSMOKE

Woodsmoke contains fine particulate matter (PM2.5) and other air pollutants that can cause health problems in the lungs, heart, and the brain. Limit breathing in woodsmoke by:

- **Avoiding burning wood** in your fireplace, fire pit, or wood stove.
- From November to February, wood burning may be prohibited on days when poor air quality is forecasted. Be sure to **Check Before You Burn** at www.aqmd.gov/cbyb.



COOKING SMOKE

Smoke from cooking and BBQ grills can smell nice but can cause high levels of air pollution, especially in areas with not enough ventilation. Here are some tips to reduce the amount of smoke you breathe:

- **Use a range hood** to vent smoke and cook on the back burners.
- Use an **exhaust fan, air purifier, and/or open your windows and doors** when cooking indoors.
- Prevent charring when BBQing by flipping meat often. Cook more veggies or leaner meats on the grill.



SMOKING AND VAPING PRODUCTS

Smoke and second-hand smoke from cigarettes, cigars, and pipes contains thousands of chemicals, including PM2.5, benzene, and arsenic.

- Smoking or breathing second-hand smoke can cause very serious health problems, including lung cancer, heart disease, and stroke. Contact your healthcare provider to discuss quitting smoking.
- Vaping products or e-cigarettes also create harmful pollutants and have been linked to serious health effects. These products are very new and the long-term health consequences are not yet known.



CLEANING SUPPLIES

Cleaning supplies can contain harmful volatile organic compounds (VOCs), that can irritate the eyes, nose and throat. Some fragrances in cleaning products can trigger asthma symptoms. To limit indoor pollution from cleaning supplies:

- Ensure all chemicals are properly sealed and stored.
- Choose fragrance-free cleaning products.
- **Ventilate your home by opening windows and doors** when using cleaning products.
- **Never mix cleaning supplies**, as some combinations can create toxic gases.



OUTDOOR AIR POLLUTION

It's important to also be aware of the outdoor air quality near your home. Smog, PM2.5 and other pollutants can cause many different health problems. Check your outdoor air quality and plan your outdoor activities when air quality is cleaner.

- Download the South Coast AQMD smartphone app at www.aqmd.gov/mobileapp to check real-time air quality and the forecast for your area.
- Visit www.aqmd.gov/aqimap for real-time air quality and www.aqmd.gov/forecast for daily and hourly forecasts.
- Visit www.aqmd.gov/advisory to sign up for and view air quality advisories.

