

What you need to know about

AIR POLLUTION

WHAT IS AIR POLLUTION?

Air pollution is the contamination of indoor or outdoor air due to the presence of substances that are detrimental to human health as well as the natural environment. As one of the greatest environmental risks to human health, outdoor air pollution is a worldwide issue that affects almost 99% of the global population.

The main causes of air pollution are cars, power plants, planes, and factories.

Air pollution is most common in large cities where different emission sources are concentrated, or in neighborhoods close to highways or industrial facilities.

Air pollution can cause:

- eye and throat damage
- affect heart health and irritating the lungs and airways
- inflammation, and worsening chronic illnesses.
- Children, older adults, individuals with heart or lung diseases or asthma, and people who are active outdoors are most at risk to the effects of air pollution.

WHO CAN YOU CALL?

To report an air pollution complaint, you may call California Air Resources Board: (1-800-952-5588), or The Bay Area Air Quality Management District: (1-800-334-6367). For questions or public information, you may also contact The Bay Area Air Quality Management Districts number, (415) 749-4900.

WHAT SHOULD I DO TO PROTECT MYSELF FROM AIR POLLUTION?

- Utilize websites like the EPA's air pollution monitor AirNow or PurpleAir to learn what the AQI is.
- Understand the Air Quality Index. It runs from 0-500, with higher numbers indicating greater pollution.
- If the air quality is above 101-150, limit your time outdoors, and stay inside with windows closed.
- If you exercise outside, try to avoid high car-density roads.
- Buy air purifiers to reduce indoor particulate matter and keep their filters up to date
- Close windows inside your home and car to avoid contaminating indoor spaces during high AQI days.
- If you go outside when the air quality is bad, wear a mask to reduce your exposure to pollution.

AQI 0-100

AIR QUALITY IS SATISFACTORY, AND AIR POLLUTION POSES LITTLE OR NO RISK.

AQI 101-200

MEMBERS OF ALL GROUPS MAY EXPERIENCE HEALTH EFFECTS AND SENSITIVE INDIVIDUALS SHOULD TAKE CAUTION

AQI above 200

HIGH PROBABILITY FOR EVERYONE TO EXPERIENCE HEALTH EFFECTS IN SOME WAY