
AIR QUALITY AND YOUR HEALTH

7KH FRPELQDWLRQ RI KLJK WHP SHUDWXUHV
DLUERUQH SDUWLFOHV FDQ EUHZ XS DQ XQ
DLU MXVW ZDLWLQJ WR HQWHU \RXU OXQJ
WR EUHDWKH DQG VDS \RXU HQHUJ\ %XW D
RFFXU LQVLGHKLQ KRPHV RI“FHV RU HYHQ
UHJXODUO\ H[SRVHG WR KLJK OHYHOV RI XQ
KHDOWK FRQVHTXHQFHV FDQ OLQJHU IRU P

TO REDUCE THE EFFECTS OF POOR QUALITY AIR ON YOUR HEALTH:

- † Avoid outdoor activities in the afternoons on warm days, when the risk of air pollution is highest.
 - † Avoid strenuous outdoor activities if the air is polluted.
 - † Reduce pollutants in your home.
- Run fans or open a window when cooking. Use a vacuum.
- dust and allergens.