

WHO CARES ABOUT AIR QUALITY?

Did You Know...



BREATHING POOR QUALITY AIR IS KINDA LIKE...



Smoke from wildfires & campfires contains similar chemicals



SMOKING CIGARETTES

...OR GETTING SUNBURNED

Except it's your airways getting fried! Ouch!



10 yrs

of Breathing Mild Air Pollution



29 yrs

of Smoking 1 Pack a Day

SO WHAT CAUSES POOR AIR QUALITY?

GOOD UP HIGH, BAD NEARBY!



Ground-Level Ozone

Exposure Causes Airway Irritation

WHEEZING

COUGH

SHORTNESS OF BREATH

SORE THROAT

Particulate Matter

Fancy way of saying "tiny microscopic particles"

Air pollutants are produced by burning things like gasoline, wood, & coal

High Levels = Poor Air Quality



HOW CAN YOU PROTECT YOUR HEALTH?

Check the Air Quality Index



Move Indoors When Air Quality is Poor



Use an Air Purifier



Change Air Filters Regularly



HIGHER RISK

Children
Older Adults
Asthma
Lung Conditions
Heart Conditions

Poor air quality can trigger asthma attacks & emergency symptoms in those with heart or lung conditions

Visit

air.utah.gov or www.airnow.gov
to Check Local Air Quality

Always consult your doctor if you have concerns about how air quality is affecting your health

