# AIR QUALITY AND YOUR HEALTH

7KH FRPELQDWLRQ RI KLJK WHPSHUDWXUHV
DLUERUQH SDUWLFOHV FDQ EUHZ XS DQ XQ
DLU MXVW ZDLWLQJ WR HQWHU \RXU OXQJV
WR EUHDWKH DQG VDS \RXU HQHUJ\ %XW D
RFFXU LQVLGHKLQ KRPHV RI“FHV RU HYHQ
UHJXODUO\ H[SRVHG WR KLJK OHYHOV RI X
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.

&KHFN \RXU UHJLRQMV DLU TXDOLW\ LQGH
2UDQJH DQG UHG PHDQ LWMV D EDG DLU G
SUREOHPV VKRXOG DYRLG WKH RXWGRRUV
PHDQ DLU SROOXWLRQ LV H[WUHPH DQG I
VWD\ LQVLGH LQ DQ HQYLURQPHQW ZLWK

† Reduce pollutants in your home. 'RQMW OHW DQ\RQH VP
\RXU KRPH $YRLG EXUQLQJ FDQGOHV LQF
Run fans or open a window when cooking. Use a vacuum
ZLWK D +(3$ "OWHU LQVWHDG RI VZHSLQ
dust and allergens.