
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
with a HEPA filter to remove dust and allergens. Wash your hands and clothes frequently.
Use a humidifier to keep indoor humidity between 30 and 50 percent. Use a dehumidifier to
reduce mold and dust mites. Use a water filter to remove lead and other contaminants.
Use a HEPA air purifier to remove dust, pollen, and other allergens.

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