

**Recognizing Public Health Month**

**INSERT LOCAL HEALTH DEPARTMENT INFORMATION HERE**

[World Health Organization](http://www.who.int/mediacentre/factsheets/fs313/en/)

 [Center for Disease Control and Prevention](http://www.cdc.gov/air/pollutants.htm)

[United States Environmental Protection Agency](https://www3.epa.gov/airquality/)

[American Lung Association](http://www.lung.org/our-initiatives/healthy-air/indoor/indoor-air-pollutants/)

**Air Quality**

**Information Resources:**

* Air pollution is a major risk to health. Reducing exposure to air pollution can reduce the burden of disease from stroke, heart disease, lung cancer, and respiratory illness such as asthma.
* Six air pollutants are regularly monitored by the U.S. Environmental Protection Agency. They include carbon monoxide, lead, nitrogen oxides, ground-level ozone, particle pollution (PM), and sulfur oxides.
* Air quality in the U.S. has significantly improved since the 1990’s.
* Older adults, children, people that work outside, and persons with asthma or other lung diseases suffer most from poor air quality.
* Ozone is worse on hot sunny days, especially during the afternoon and early evening.
* Particle pollution can be high at any time of the day. Since vehicle exhaust contains particle pollution, idling cars and buses, and busy roads can be hazardous to your health. Limit your exposure.
* Indoor air quality can also affect your health. Dust, mold, moisture, animal dander, insect and rodent droppings, cleaning supplies, carpets, and secondhand smoke can be even more of a hazard then outdoor air pollution.

# Facts:

**Available Services:**

Pay attention to air quality warnings. You can check the air quality daily at [www.airnow.gov](http://www.airnow.gov).

When ground-level ozone levels are high or you live in an area with high amounts of traffic, take steps to limit the amount of air you breathe while you are outside. Think about spending more time indoors, choose easier activities so you don’t breathe as hard, plan outdoor activities at times when ozone levels are lower (in the morning and evening).

Make your indoor environment healthy:

* Keep your home smoke free
* Vacuum regularly, using a HEPA filter if possible
* Dust with a damp cloth weekly
* Put your mattress, box spring, and pillow in allergen-proof, airtight, or plastic covers

If you know someone that has asthma or another respiratory disease, learn to recognize what triggers attacks.

What services are available either locally or statewide?

You can add hyperlinks here too!