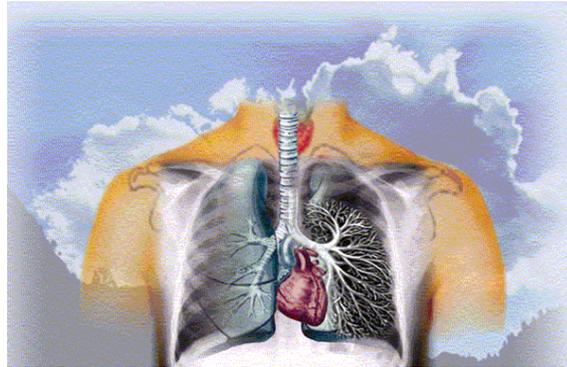


# Air Pollution and Health



## Who is most vulnerable?

People with asthma or other lung or heart conditions, and children. Children are more vulnerable than adults to air pollution because:

- They breathe more often and take in more air
- They spend more time outside
- Their lungs are still growing and developing.

## What are the pollutants of most concern?

- Ground-level ozone, a principal component in smog
- Fine particles in the air, known as particulate matter
- Air toxics, chemicals in the air that can cause cancer and other health problems.

## When should we be concerned?

- If the area has a lot of dust, exhaust, or soot particles in the air. Engines, especially diesel engines, fires, and dry and windy conditions, produce localized higher levels of particles.
- If toxic chemicals are in use in a poorly ventilated area.
- If (rarely) ozone levels are high (as shown on our website [www.sbcapcd.org](http://www.sbcapcd.org)).

## Recent studies show:

- Air pollution can help cause asthma, and can worsen symptoms in children and adults who already have asthma or other lung conditions.
- Air pollution can affect long-term lung development in children.
- High levels of fine particles can cause a higher incidence of heart attacks and lung cancer.
- More than 70 percent of the cancer risk from air toxics is caused by diesel exhaust particulate, considered the number one airborne carcinogen in California.

## What to Do and What to Suggest:

- Reduce exposure.
  - Adults or kids with heart or lung conditions, especially asthma, should avoid exposure to localized higher levels of dust, particles, or chemicals -- indoors or outdoors.
  - Under unusual conditions that create high pollution levels (for example, if a fire in the area is producing a lot of smoke), kids and adults should avoid exercising outdoors.
- Work to reduce pollution.
- Find out more: [www.sbcapcd.org](http://www.sbcapcd.org) *(see back)*



## **Help Clean the Air: What You Can Do**

- 1. Think about the air when you go car shopping. Read stickers to find out how much pollution the car creates, and how fuel-efficient it is. Check out this page on our website for a quick overview and links: [www.sbcpd.org/sbc/linkscars.htm](http://www.sbcpd.org/sbc/linkscars.htm)**
- 2. Go for car free transportation to school, work, or play! Walk, ride your bike, or take the bus. Skateboards and skates, telecommuting, and carpooling are clean-air transportation too. Call 963-SAVE for a county bike map, and call 564-5544 to find out about the Safe Routes to School program. You can go to [www.trafficsolutions.info](http://www.trafficsolutions.info) for commuting ideas, and to [www.santabarbaracarfree.org](http://www.santabarbaracarfree.org) for fun weekend car free ideas.**
- 3. When you do drive, combine car trips, keep your car tuned up, take used motor oil to an approved drop-off, and don't top off your tank.**
- 4. Recycle everything you can and try to use things that are reusable, recyclable and made with recycled materials.**
- 5. Speak out for clean air at school, at work, at home, and with your friends. Support companies that care about the environment with your buying power.**
- 6. Avoid using insecticides or pesticides (outdoors or indoors) whenever possible, and use an electric lawnmower (or push mower), and a broom instead of a leafblower.**
- 7. Use compact fluorescent light bulbs to save energy.**
- 8. Use less toxic cleaning products, paint with water-based paints, and wash by hand instead of dry cleaning.**
- 9. Never burn trash, and use a gas log in your fireplace, and a gas grill outdoors if you can.**
- 10. Visit [www.greendifference.org](http://www.greendifference.org) for more green ideas.**