### Effects of Common Air Pollutants

#### Respiratory Effects

**Symptoms:**
- Cough
- Phlegm
- Chest tightness

**Increased sickness and premature death from:**
- Asthma
- Bronchitis (acute or chronic)
- Emphysema
- Pneumonia

**Development of new disease**
- Chronic bronchitis
- Premature aging of the lungs

#### Cardiovascular Effects

**Symptoms:**
- Chest tightness
- Chest pain (angina)
- Palpitations
- Shortness of breath
- Unusual fatigue

**Increased sickness and premature death from:**
- Coronary artery disease
- Abnormal heart rhythms
- Congestive heart failure

#### How Pollutants Cause Symptoms

**Cardiovascular Effects**
- Low oxygenation of red blood cells
- Abnormal heart rhythms
- Altered autonomic nervous system control of the heart

**Respiratory Effects**
- Narrowing of airways (bronchoconstriction)
- Decreased air flow

#### Effects on Lung Function

- Narrowing of airways
- Decreased air flow

#### Airway Inflammation

- Influx of white blood cells
- Abnormal mucus production
- Fluid accumulation and swelling (edema)
- Death and shedding of cells that line airways

#### Increased Susceptibility to Respiratory Infection

#### Effects on Cardiovascular Function

- Low oxygenation of red blood cells
- Abnormal heart rhythms
- Altered autonomic nervous system control of the heart

#### AQI Levels of Health Concern

<table>
<thead>
<tr>
<th>AQI Levels of Health Concern</th>
<th>AQI Values</th>
<th>What Action Should People Take?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Good</td>
<td>0-50</td>
<td>Enjoy Activities.</td>
</tr>
<tr>
<td>Moderate</td>
<td>51-100</td>
<td>People unusually sensitive to air pollution: Plan strenuous outside activities when air quality is better.</td>
</tr>
<tr>
<td>Unhealthy</td>
<td>151-200</td>
<td>Everyone: Cut back or reschedule strenuous outside activities. Sensitive groups: Avoid strenuous outside activities.</td>
</tr>
<tr>
<td>Very Unhealthy</td>
<td>201-300</td>
<td>Everyone: Significantly cut back on outside physical activities! Sensitive groups: Avoid all outside physical activities.</td>
</tr>
</tbody>
</table>

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### WHAT CAN ONE PERSON DO?

Avoid breathing dirty air, and help keep our air clean!
- Kids: stay away from the smoke coming out of the back of the school bus or any vehicle – you don’t want to breathe that!
- Reduce exercise outdoors when the air is smoky or smoggy. Call us or check our website for smog levels – and use common sense.
- Drive less (walk, bike, carpool or take the bus more)!
- When you do drive, combine car trips, keep your car tuned up, and don’t top off your tank.

Visit our websites, or contact us for more information.