

How Air Pollution Affects Your Health



Air Pollution Affects Your Lungs



Symptoms

- Cough
- Shortness of breath
- Aggravate asthma
- Mucus
- Chest tightness
- Wheezing

Effects

- Chronic bronchitis & other lung diseases
- Premature aging of the lungs
- Narrowing of airways (bronchoconstriction)
- Decreased air flow
- Increase in white blood cells
- Abnormal mucus production
- Fluid accumulation and swelling (edema)
- Death and shedding of cells that line the airways

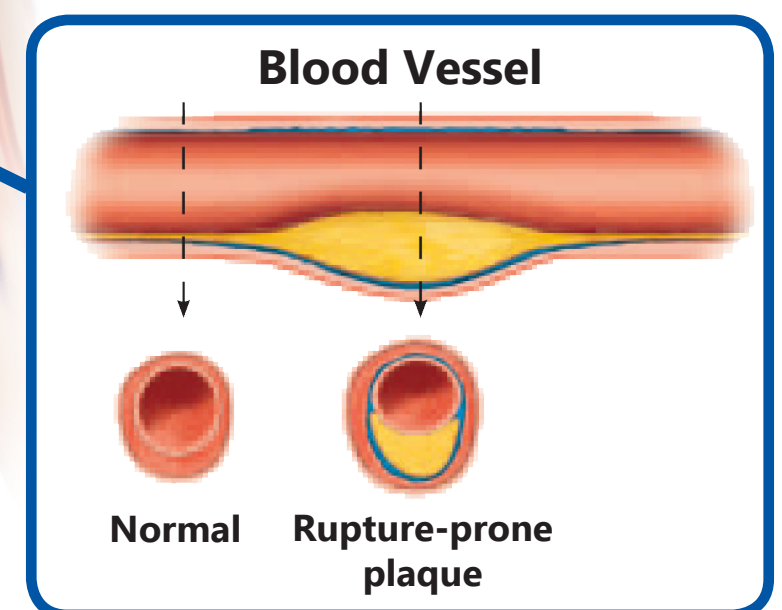
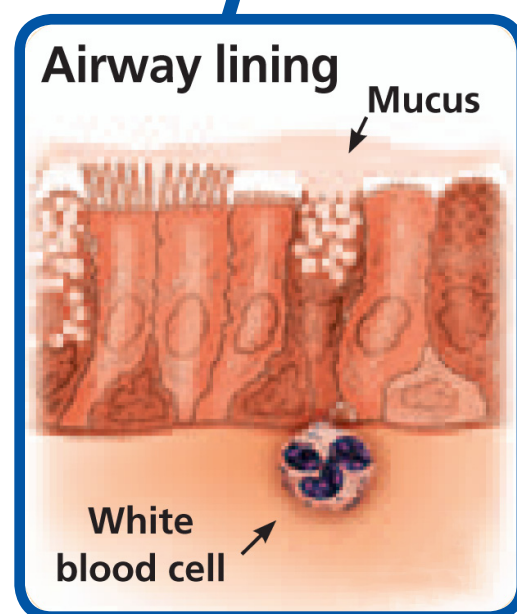
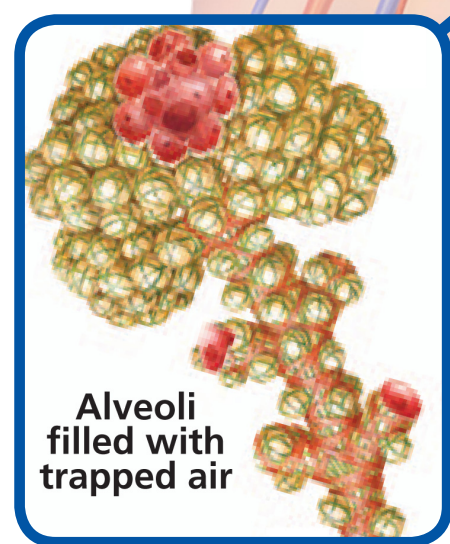


Air Pollution Affects Your Heart



Symptoms

- Chest tightness
- Chest pain (angina)
- Irregular heart beats (palpitations)
- Shortness of breath



Effects

- Unusual fatigue
- Low oxygen in red blood cells
- Vascular inflammation
- Increased risk of blood clot
- Narrowing of vessels (vasoconstriction)
- Increased risk of plaque rupture in arteries

KNOW THE CODE! Air Quality Forecast System - 1-888-RU4NCAIR (784-6224)
www.ncair.org/airaware/knowthecode

Air Quality Code	Meaning
Good	Air quality is considered satisfactory, and air pollution poses little or no concern. Go outside and enjoy the day!
Moderate	There may be a moderate health concern for people who are unusually sensitive to air pollution. Consider limiting prolonged or heavy exertion outdoors.
Unhealthy for Sensitive Groups	Older adults, children, active people and those with heart or lung disease may experience health effects. Limit prolonged or heavy exertion outdoors.
Unhealthy	Older adults, children, active people and those with heart or lung disease may experience more serious health effects. Everyone may experience health effects. Limit prolonged or heavy exertion outdoors.
Very Unhealthy	Everyone is likely to be affected. Avoid all outdoor exertion.