

# COHORT STUDY




## Your Home Air Monitoring Results and What They Mean

3 day sampling began on: \_\_\_\_\_ Child's name: \_\_\_\_\_



Air Pollutants	Where it comes from:	Health effects	Your level:	To reduce your exposure, you should:
<p style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;">Ozone</p>	<ul style="list-style-type: none"> <li>▪ The ozone we measured is a type of air pollution. It is different from the ozone layer around the earth.</li> <li>▪ Ozone is highest on hot, sunny days when it is humid outside (summer).</li> <li>▪ It is formed from pollutants that mostly come from car exhaust.</li> <li>▪ Ozone is the main thing in smog and gets inside when windows and doors are opened.</li> </ul>	<p>Ozone can cause breathing problems, a stuffy nose, and make eyes red and burn.</p> <p>Ozone also makes asthma worse.</p>	<p>The level in your home was:</p> <p style="text-align: center;"><input type="checkbox"/> <b>High</b> <input type="checkbox"/> <b>OK</b></p> <p>The average level for the 3 days of monitoring was:</p> <hr style="width: 50%; margin: 0 auto;"/> <p style="text-align: center; color: red;">*A level above <u>80 ppb</u> is not healthy</p>	<ul style="list-style-type: none"> <li>▪ On Ozone Action Days or on hot, sunny, summer days stay inside and keep the windows and doors closed.</li> <li>▪ Keep cool by using an air conditioner or by keeping blinds or shades down</li> <li>▪ Stay in the lower level of your home.</li> </ul>
<p style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;">Nitrogen dioxide</p>	<ul style="list-style-type: none"> <li>▪ Nitrogen dioxide is a chemical found in smog and can be found both inside and outside the home.</li> <li>▪ It comes from burning fuel such as oil, kerosene, coal, natural gas, tobacco smoke, and gasoline.</li> <li>▪ Indoor sources are cooking with gas, using a gas stove for heat or using a kerosene heater.</li> </ul>	<p>Nitrogen dioxide causes lung irritation and can make asthma worse.</p> <p>Nitrogen dioxide may also cause eye irritation.</p> <p>It can increase the risk of getting a lung infection.</p>	<p>The level in your home was:</p> <p style="text-align: center;"><input type="checkbox"/> <b>High</b> <input type="checkbox"/> <b>OK</b></p> <p>The average level for the 3 days of monitoring was:</p> <hr style="width: 50%; margin: 0 auto;"/> <p style="text-align: center; color: red;">*A level above <u>53 ppb</u> is not healthy</p>	<ul style="list-style-type: none"> <li>▪ Use electric sources of cooking and heating.</li> <li>▪ If you use a gas stove, it is helpful to open the windows or use the exhaust fan when cooking.</li> <li>▪ Never use a gas stove as a source of heating your home.</li> <li>▪ If you need additional heat, consider electric space heaters instead of kerosene. Kerosene gives off pollution that can trigger an asthma attack.</li> <li>▪ Don't allow smoking inside your home.</li> </ul>

\* Levels based on National Ambient Air Quality Standards

Air Pollutants	Where it comes from:	Health effects:	Your level:	If it is high, you should:
<p style="text-align: center;"><b>Small Particles</b></p> 	<ul style="list-style-type: none"> <li>▪ It is in the main source of outdoor haze.</li> <li>▪ It is formed from burning fuel such as incineration, home heating, car exhaust, and gas cooking.</li> <li>▪ Small particles are also formed by burning candles or incense, tobacco smoke, allergens, and by using a fireplace.</li> </ul>	<p>Small particles get deep into the lungs. They can irritate the lungs and make asthma worse.</p> <p>Small particles also cause eye, nose, and throat irritation.</p> <p>They increase the risk of getting an infection in the lungs.</p>	<p>The level in your home was:</p> <p><input type="checkbox"/> <b>High</b></p> <p><input type="checkbox"/> <b>OK</b></p> <p>The average level for the 3 days of monitoring was:</p> <hr/> <p>*A level above <u>65 <math>\mu\text{g}/\text{m}^3</math></u> is not healthy</p>	<ul style="list-style-type: none"> <li>▪ Do not burn candles or incense in your home.</li> <li>▪ Avoid using heating sources that are not vented, such as a gas stove or kerosene heater.</li> <li>▪ Use an air cleaner to help remove small particles from the air.</li> <li>▪ Do not allow smoking inside your home.</li> </ul>
<p style="text-align: center;"><b>Large Particles</b></p> 	<ul style="list-style-type: none"> <li>▪ Large particles are formed from soot and road dust being stirred up, especially on unpaved roads.</li> <li>▪ Large particles come from dust and allergens inside the home.</li> <li>▪ Burning fuels are also a source of large particles.</li> </ul>	<p>Large particles can cause shortness of breath and asthma by irritating the lungs.</p> <p>They can also increase the risk of getting an infection in the lungs.</p>	<p>The level in your home was:</p> <p><input type="checkbox"/> <b>High</b></p> <p><input type="checkbox"/> <b>OK</b></p> <p>The average level for the 3 days of monitoring was:</p> <hr/> <p>*A level above <u>150 <math>\mu\text{g}/\text{m}^3</math></u> is not healthy</p>	<ul style="list-style-type: none"> <li>▪ Keep windows and doors closed especially on windy days if you live near the road or have a lot of loose dirt in your yard.</li> <li>▪ Wet mop the floors often to pick up particles.</li> <li>▪ Vacuum at least weekly, use a HEPA filter and open windows while vacuuming</li> <li>▪ Change furnace filters every 3 months</li> <li>▪ Use an air cleaner to help remove large particles from the air.</li> <li>▪ Use air conditioning instead of opening windows if possible.</li> </ul>
<p style="text-align: center;"><b>Environmental Tobacco Smoke</b></p> 	<ul style="list-style-type: none"> <li>▪ Cigarettes, pipes, cigars</li> <li>▪ Exposure from anyone smoking nearby</li> </ul>	<p>Second hand smoke irritates the lungs and can cause an asthma attack, lung cancer, and breathing problems.</p>	<p><b>Environmental tobacco smoke</b></p> <p><input type="checkbox"/> <b>Was</b></p> <p><input type="checkbox"/> <b>Was Not</b> found in your home.</p>	<ul style="list-style-type: none"> <li>▪ Do not smoke around your child inside the house or car.</li> <li>▪ Try to smoke outside only</li> <li>▪ Ask friends and family not to smoke inside your home</li> <li>▪ Consider quitting</li> </ul>

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