

Effects of Common Air Pollutants

RESPIRATORY EFFECTS



Symptoms:

- Cough
- Phlegm
- Chest tightness
- Wheezing
- Shortness of breath

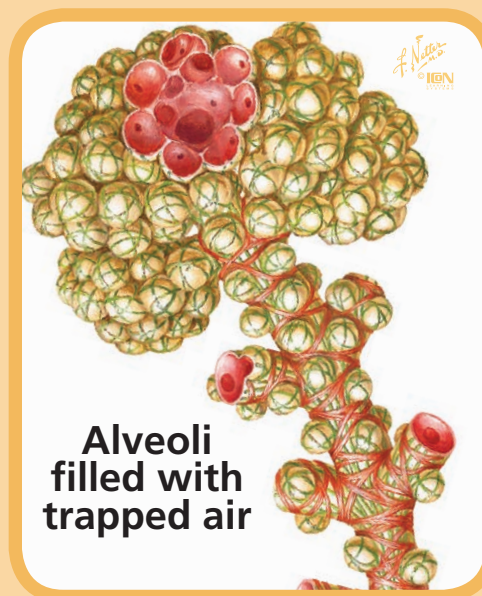
Increased sickness and premature death from:

- Asthma
- Bronchitis (acute or chronic)
- Emphysema
- Pneumonia

Development of new disease

- Chronic bronchitis
- Premature aging of the lungs

How Pollutants Cause Symptoms

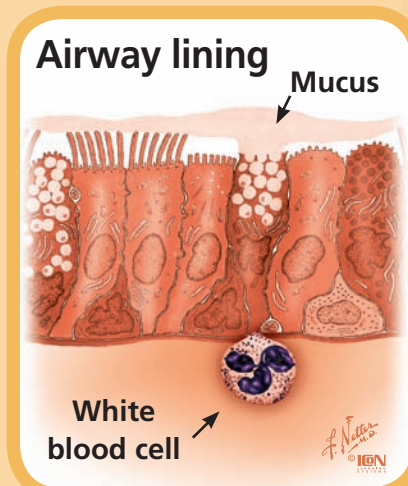


Effects on Lung Function

- Narrowing of airways (bronchoconstriction)
- 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

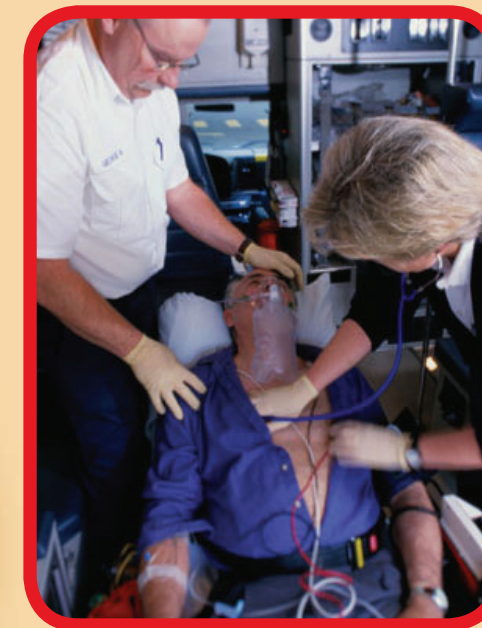


Normal



Lung with respiratory infection

CARDIOVASCULAR EFFECTS



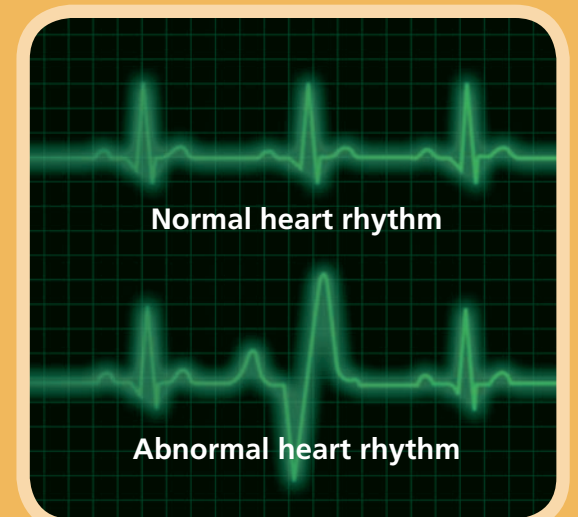
Symptoms:

- 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
- Stroke

How Pollutants Cause Symptoms

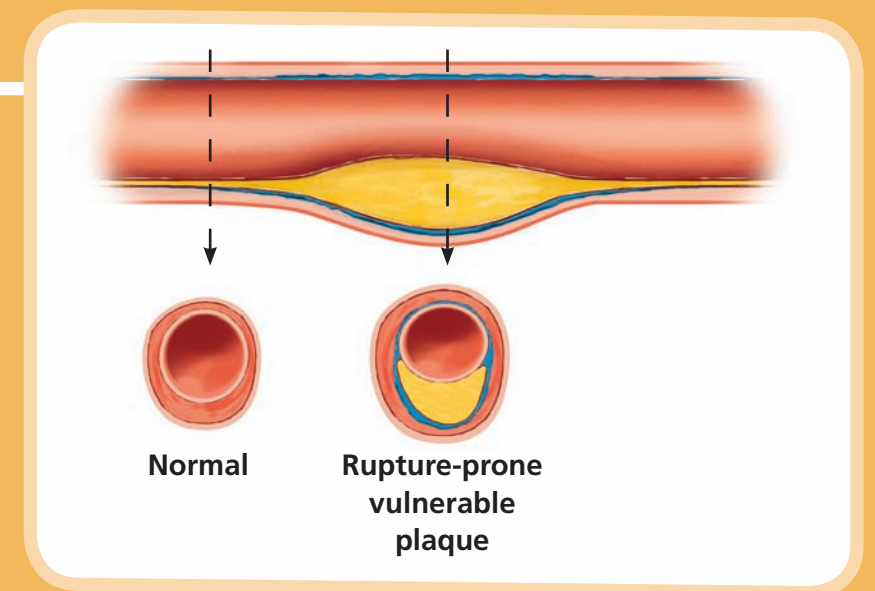


Effects on Cardiovascular Function

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

Vascular Inflammation

- Increased risk of blood clot formation
- Narrowing of vessels (vasoconstriction)
- Increased risk of atherosclerotic plaque rupture



Reduce your risk by using the Air Quality Index (AQI) to plan outdoor activities – www.airnow.gov

AQI Levels of Health Concern	AQI Values	What Action Should People Take?
Good	0-50	Enjoy Activities
Moderate	51-100	People unusually sensitive to air pollution: Plan strenuous outside activities when air quality is better
Unhealthy for Sensitive Groups	101-150	Sensitive Groups: Cut back or reschedule strenuous outside activities Ozone: People with lung disease, children and older adults and people who are active outdoors Particle Pollution: People with heart or lung disease (including diabetics), older adults and children Carbon Monoxide: People with heart disease and possibly infants and fetuses Nitrogen Dioxide: People with lung disease, children and older adults Sulfur Dioxide: Active children and adults with asthma
Unhealthy	151-200	Everyone: Cut back or reschedule strenuous outside activities Sensitive groups: Avoid strenuous outside activities
Very Unhealthy	201-300	Everyone: Significantly cut back on outside physical activities Sensitive groups: Avoid all outside physical activities