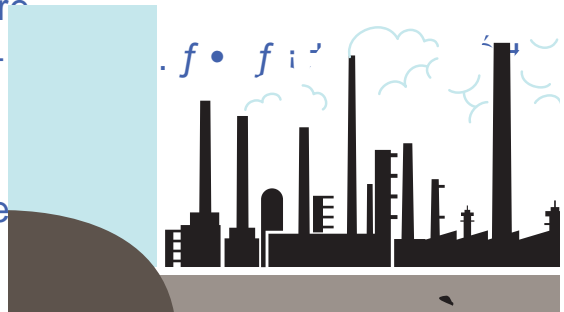


Outdoor Air Pollution and Your Health

Outdoor air pollution consists of a mixture of particles and gases that can harm the health of children and adults. Everyone is exposed to pollution when breathing the outdoor air. Certain groups of people including children and adults with lung diseases such as asthma and chronic obstructive pulmonary disease (COPD) are at higher risk of experiencing health problems from outdoor air pollution.



Who is at higher risk of Air Pollution?

A number of groups are at higher risk of exposure to outdoor air pollution. These include:

- Infants and young children
- Children and adults with lung diseases including



asthma and chronic obstructive pulmonary disease (COPD)

- Adults with heart disease
- Elderly adults

How Can I Find Out About Air Quality in My Neighborhood?

Air quality has been improving in United States for the past several decades and this has lowered the health risks of breathing the outdoor air. However, studies have found that there continue to be health risks, particularly for those living close to major roadways, power plants and other sources of air pollution. The following resources allow you to look up the air quality in your neighborhood:

Air Quality Resources	Description
Airnow.gov (Environmental Protection Agency)	Color-coded air quality index system. The higher the index value, the greater the health risk. For example, an air quality index of yellow may be unhealthy.
www.stateoftheair.org (American Lung Association)	