Air Pollution Can Trigger Asthma

Clean air is important in overall healthy living.

Air pollution can trigger asthma symptoms in some people with asthma.

To protect yourself:

- Close windows and use an air conditioner.
- Watch for the air quality in your neighborhood.
- Air Quality Index (AQI) is a measure of how much ozone and pollution are in the air. The lower the number, the better the air quality.
- You can check the air quality index on your local TV station, online at AirNow www.airnow.gov or on the AirNow mobile phone app.
  - Good air quality is 0 to 50. Air quality is okay and air pollution has little or no risk.
  - Moderate air quality is 51 to 100. You may want to lessen any hard outdoor activity.
  - If the air quality index is over 100, you should stay inside if possible and lessen outdoor activity.

For questions and resources, call 1 (833) 327-8462. www.SouthSideKidsAsthma.org

This document is only to give information. Talk to your doctor about treatment for you. 6-10-2020