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You can sign up for free
email AQI notifications at
www.airqualitypartnership.org

The daily air quality forecast is posted
at www.airqualitypartnership.org
and www.airnow.gov

If you don't have a computer, the air
quality forecast is also available at

1-800-872-7261



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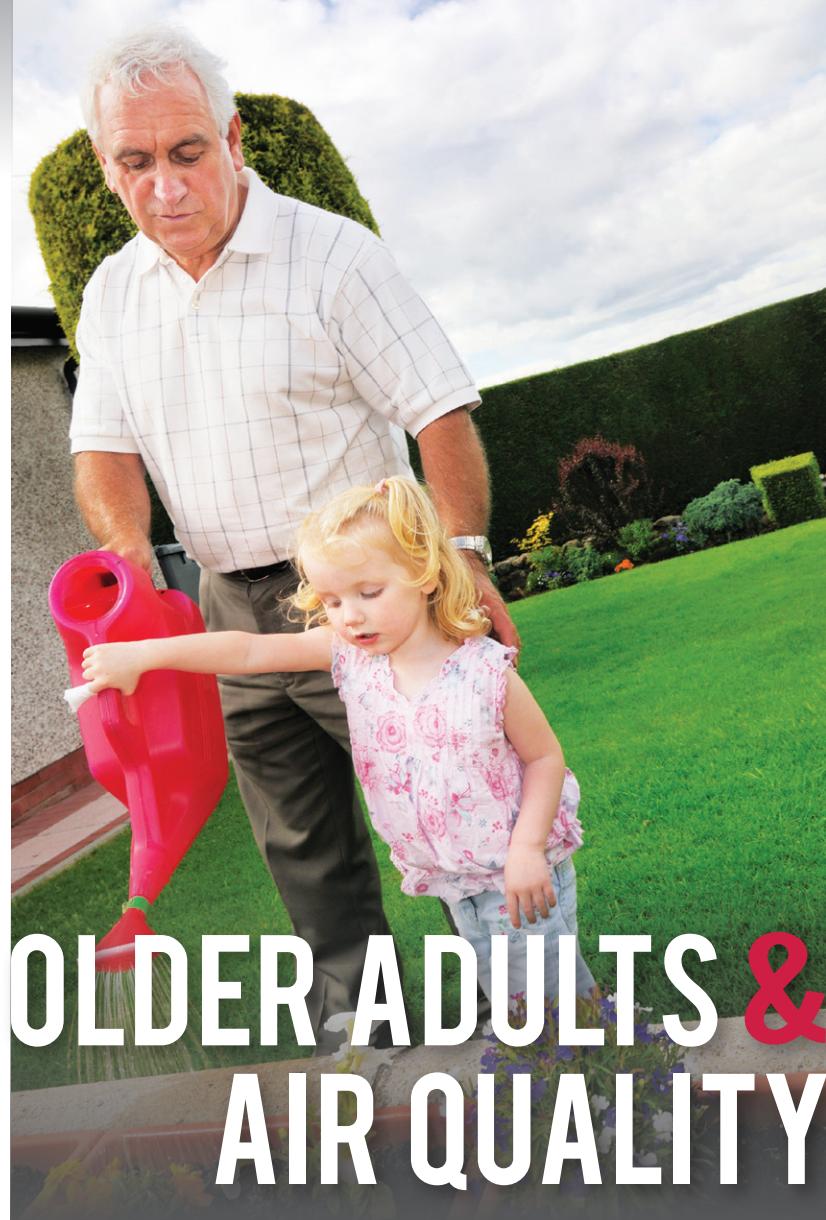
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OLDER ADULTS & AIR QUALITY

The Greater Philadelphia Region has

an air pollution problem. Over the years,
the region has not met the health-based air
quality standards for ground level ozone and fine
particle pollution. Medical studies continue to
show that these pollutants pose serious health
risks to older adults. **Know the facts;**
protect your health, prevent air pollution!



KNOW THE FACTS



Ozone

Ozone, also known as “smog,” is a harmful pollutant that forms on the hot days of summer when there is bright sunshine and little breeze. Ozone pollution is particularly harmful to older adults with existing breathing problems, such as Chronic Obstructive Pulmonary Disease, emphysema, or asthma.

Ozone irritates lung tissue, making breathing difficult and sometimes painful. Ozone exposure diminishes lung capacity and increases the likelihood of lung infections.

Fine Particle Pollution

Fine Particle Pollution (PM 2.5), or soot, is made up of tiny particles of liquids, dust, and even metals that can be breathed deep into the lungs. Particle pollution is especially dangerous for older adults because not only does it affect people with breathing problems, it can also cause heart attacks, strokes, and increase hospital visits.

Air Quality Index



The Partnership uses the Air Quality Index (AQI), a common color-coded scale, to communicate daily air quality conditions.

GREEN = good air quality

YELLOW = moderate

ORANGE = air quality is unhealthy for sensitive groups; including older adults

RED = air quality is unhealthy for everyone

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PROTECT YOUR HEALTH

Exercise is important to a healthy lifestyle but on days when the AQI reaches Code Orange or Code Red levels, older adults should limit strenuous activity. The key to managing the negative effects of air pollution is to limit your exposure to environmental pollutants.

By knowing the AQI, you can also be prepared for days when air pollution might aggravate heart or breathing conditions. Work with your doctor to form a plan to manage the symptoms of these conditions.

PREVENT AIR POLLUTION

Preventing air pollution in the first place is the best way to protect the health of the entire community and the environment. Everyone can take a few simple steps to prevent air pollution, especially on days when air quality is poor.

Things we can do!

1. Take public transportation
2. Save energy in our homes
3. Keep cars tuned up, tires inflated, and oil changed

On poor air quality days, these actions are especially effective:

1. Refuel your vehicle after dark, when air pollution is less
2. Don't use gas-powered lawn equipment
3. Don't let your car run when you're not driving it