

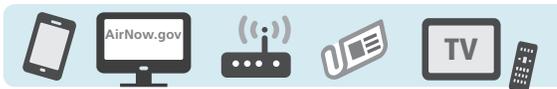
Outdoor Air Quality and Adult Asthma

Poor air quality is unhealthy for everyone, but especially for **people with asthma**. Poor air quality can be a **trigger** for your asthma — and can make symptoms come on faster and stronger. Here's how poor air quality can affect you:

NOW				LATER
				
Worse asthma symptoms	More severe respiratory infections	More missed work or school	More hospital visits	Permanent lung damage, higher risk of lung cancer, and early death

The Air Quality Index (AQI) is a number for reporting how clean or unhealthy your air is every day.

You can find it on the Internet at AirNow.gov. It's also reported in local news sources:

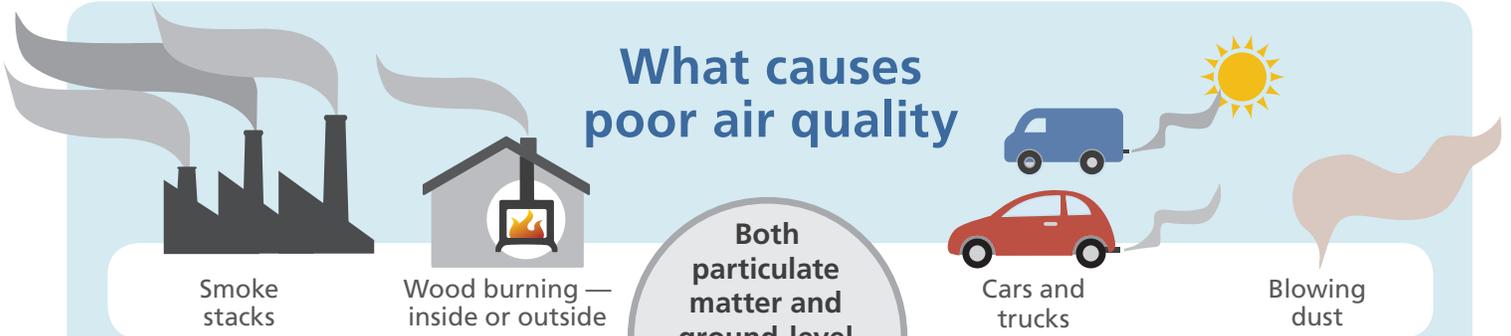


When AQI is:

A person with asthma should:

<p>1–50 GOOD</p>	<p></p> <p>Enjoy usual outdoor activities</p> <p></p>
<p>51–100 MODERATE</p>	<p></p> <p>Consider reducing outdoor exercise — not as long, not as hard</p> <p>If you have symptoms, stay indoors</p>
<p>101–150 UNHEALTHY for sensitive groups</p>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p></p> <p>Reduce or avoid outdoor exercise</p> </div> <div style="text-align: center;"> <p></p> <p>Plan outdoor activities in the morning, when air quality is usually better</p> </div> <div style="text-align: center;"> <p></p> <p>Keep your fast-acting inhaler nearby (such as albuterol) — and contact your doctor if you're using it often</p> </div> <div style="text-align: center;"> <p></p> <p>Whenever possible, avoid outdoor air in places with a lot of traffic</p> <p>Going even a few blocks away can help</p> </div> </div>
<p>151–200 UNHEALTHY</p>	
<p>201–300 VERY UNHEALTHY</p>	<p>Avoid all outdoor exercise</p>

What causes poor air quality



Smoke stacks

Wood burning — inside or outside

Cars and trucks

Blowing dust

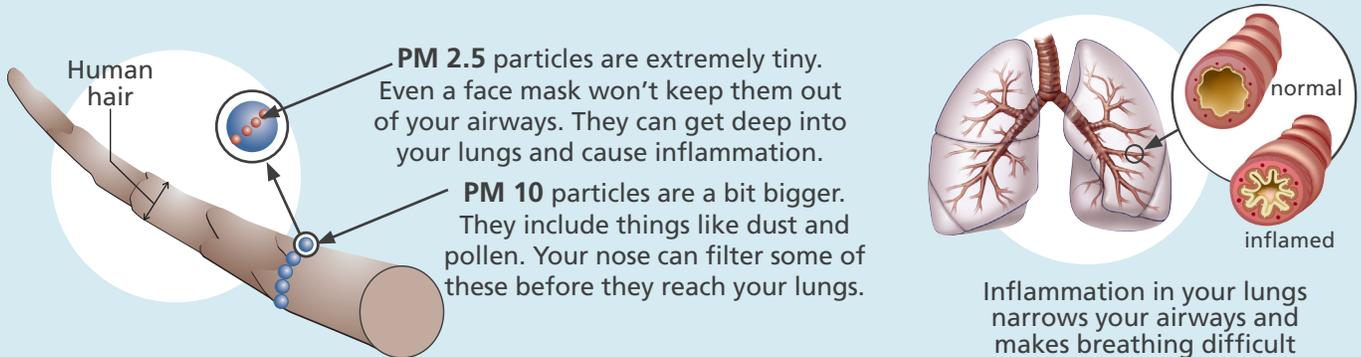
Both particulate matter and ground-level ozone make asthma worse

Particulate matter is tiny particles in the air like dust, dirt, soot, and smoke. In northern Utah, it's more common and more problematic in winter months. Symptoms may come several hours after exposure.

Ground-level ozone is a colorless gas. It forms when polluted air comes in contact with heat and sunlight. This is more common in summer months and late in the day. Symptoms usually come right away.

Particulate matter in your lungs

Particulate matter is sometimes reported as PM 2.5 or PM 10



PM 2.5 particles are extremely tiny. Even a face mask won't keep them out of your airways. They can get deep into your lungs and cause inflammation.

PM 10 particles are a bit bigger. They include things like dust and pollen. Your nose can filter some of these before they reach your lungs.

Inflammation in your lungs narrows your airways and makes breathing difficult

Take action



Ask your doctor to add air quality to your *Asthma Action Plan*. Ask about when to adjust your controller medications.



Listen to your body Get to know your own responses at different AQI levels — and when you need to change your plans.



Get to know your neighborhood Pay attention to places and times of day where air quality affects you most.



Learn more Get more information about what you can do to help improve air quality — both outdoors and in your home.

Utah Clean Air
UCAIR.org
AirNow.gov
EPA.gov/
airquality