Learn how air pollution can be harmful to older adults and how to protect your health.

<table>
<thead>
<tr>
<th>Air Quality Code</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Good</td>
<td>Air quality is considered satisfactory, and air pollution poses little or no concern. Go outside and enjoy the day!</td>
</tr>
<tr>
<td>Moderate</td>
<td>There may be a moderate health concern for people who are unusually sensitive to air pollution. Consider limiting prolonged or heavy exertion outdoors.</td>
</tr>
<tr>
<td>Unhealthy for Sensitive Groups</td>
<td>Older adults, children, active people and those with heart or lung disease may experience health effects. Limit prolonged or heavy exertion outdoors.</td>
</tr>
<tr>
<td>Unhealthy</td>
<td>Older adults, children, active people and those with heart or lung disease may experience more serious health effects. Everyone may experience health effects. Limit prolonged or heavy exertion outdoors.</td>
</tr>
<tr>
<td>Very Unhealthy</td>
<td>Everyone is likely to be affected. Avoid all outdoor exertion.</td>
</tr>
</tbody>
</table>

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Do You Know The Code?

Get the daily forecast at 1-800-RU4NCAIR (784-6224) or www.ncair.org

To learn more visit: www.ncair.org/airawareness/knowthecode

Contact us:
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www.ncair.org/airawareness/knowthecode

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Do You Know The Code?
Air Pollution
On average, each person breathes more than 3,000 gallons of air each day. Local air quality affects how you breathe and live and can change daily or even hourly due to pollution. In North Carolina, two of the major types of air pollution are particulate matter and ground-level ozone.

Particulate Matter
Particulate matter (or particle pollution) is a mixture of microscopic solids and liquid droplets suspended in the air. These airborne particles are the main ingredients of haze and smoke. Particulate matter is produced when fuels such as coal, wood or oil are burned.

Ground-level ozone
Ground-level ozone is a highly reactive form of oxygen. It is formed when pollutants emitted by cars, power plants, industrial boilers and other sources react chemically with the presence of sunlight. One of the problems with ozone pollution is that you cannot see it.

Health Effects of Air Pollution
Exposure to particulate matter and ground-level ozone can cause varying health effects. While everyone can be affected by air pollution, older adults can be particularly susceptible to the effects.

Effects of short-term exposure may include:
- Irritation of eyes, nose and throat
- Coughing
- Chest tightness
- Shortness of breath
- Aggravation of asthma or other respiratory diseases

Long-term exposure can reduce lung function and lead to the development of chronic bronchitis.

The longer you are outdoors and the more strenuous your activity will increase your chances of being affected by particulate matter or ozone.

The best way to protect your health is to get the air quality forecast (code) of the air pollution levels in your area and take steps to minimize exposure.

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KNOW THE CODE!
The air quality code is forecasted daily and you can get the code in several ways:
- Call the toll free number: 1-800-RU4CAIR (784-6224)
- Visit the DAQ website: www.ncair.org
- Visit the EPA website: www.airnow.gov
- Get emails sent directly to your inbox through www.enviroflash.info
- Download the AirNow app for iPhone or Android