How Air Pollution Affects Your Health

Air Pollution Affects Your Lungs

Symptoms
- Cough
- Shortness of breath
- Aggravate asthma
- Mucus
- Chest tightness
- Wheezing

Effects
- Chronic bronchitis & other lung diseases
- Premature aging of the lungs
- Narrowing of airways (bronchoconstriction)
- Decreased air flow
- Increase in white blood cells
- Abnormal mucus production
- Fluid accumulation and swelling (edema)
- Death and shedding of cells that line the airways

Air Pollution Affects Your Heart

Symptoms
- Chest tightness
- Chest pain (angina)
- Irregular heart beats (palpitations)
- Shortness of breath

Effects
- Unusual fatigue
- Low oxygen in red blood cells
- Vascular inflammation
- Increased risk of blood clot
- Narrowing of vessels (vasoconstriction)
- Increased risk of plaque rupture in arteries

KNOW THE CODE! Air Quality Forecast System - 1-888-RU4NCAIR (784-6224)
www.ncair.org/airaware/knowthecode

<table>
<thead>
<tr>
<th>Air Quality Code</th>
<th>Meaning</th>
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<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>
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<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>
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<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>
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<tr>
<td>Very Unhealthy</td>
<td>Everyone is likely to be affected. Avoid all outdoor exertion.</td>
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