# Environmental Wellness Checklist

What surrounds you each day in your home, work, or neighborhood can affect your health. Here are some tips to make your environments safer:



## AIR QUALITY AND YOUR HEALTH

The combination of high temperatures, pollution, and airborne particles can brew up an unhealthful mixture in the air, just waiting to enter your lungs. This can make it hard to breathe and sap your energy. But air pollution can also occur inside—in homes, offices, or even schools. If you're regularly exposed to high levels of unhealthy air, the health consequences can linger for months or even years.

### TO REDUCE THE EFFECTS OF POOR QUALITY AIR ON YOUR HEALTH:

☐ **Avoid outdoor activities in the afternoons on warm days,** when the risk of air pollution is highest.

☐ **Avoid strenuous outdoor activities if the air is polluted.** Check your region's air quality index at www.airnow.gov. Orange and red mean it's a bad air day, so people with lung problems should avoid the outdoors. Purple and maroon mean air pollution is extreme, and everyone should try to stay inside in an environment with clean air.

☐ **Reduce pollutants in your home.** Don't let anyone smoke in your home. Avoid burning candles, incense, or wood fires. Run fans or open a window when cooking. Use a vacuum with a HEPA filter instead of sweeping to avoid stirring up dust and allergens.

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