

Are you concerned about air quality in East Palo Alto?

Come to our community event and learn about the SmartTA project, which will measure air quality in East Palo Alto!

Join Greenaction for Health and Environmental Justice, Sustainable Silicon Valley, and Youth United for Community Action

October 4th from 5-8 pm at the East Palo Alto YMCA to enjoy food and learn more.

(550 Bell Street, East Palo Alto, CA 94303)

Help us measure air quality in East Palo Alto and achieve our goal of improving air quality in your community!



ASTHMA & AIR POLLUTION

PARTICLES IN THE AIR LIKE DUST, DIRT, SOOT, AND SMOKE ARE CALLED **PARTICULATE MATTER & CAN CAUSE**

- Increased hospital visits
- Worsened asthma symptoms
- Adverse birth outcomes
- Breathing problems
- Decreased lung growth in kids
- Lung cancer
- Early death

GROUND-LEVEL OZONE

Forms when pollutants from cars and trucks, power plants, factories, and other sources come in contact with each other in heat and sunlight. Factors such as weather conditions and intensity of sunlight also play a part in how ozone is formed. Ground-level ozone is one of the biggest parts of smog, and it is usually worse in the summer months.

WHO'S AT RISK?

People with heart or lung disease, infants, children with asthma or who spend a lot of time outdoors, older adults, and active people of all ages who exercise or work hard outdoors

WHAT CAN YOU DO?

- Check the daily air quality forecast via newspaper, TV, radio, or online at <http://airnow.gov> to learn when particle levels are unhealthy
- Reduce the amount of time outside when pollution is high
- Plan outdoor activities when ozone levels are lower, usually in the morning and evening
- Exercise away from roads and highways. Particle pollution is usually worse near these areas
- Do easier outdoor activities, such as walking instead of running or using a riding lawn mower instead of a push mower

LEARN MORE
www.cdc.gov/ephtracking

