

PARTICLE POLLUTION TIPS



Air pollution, such as particle pollution, is a growing concern. These tips will help you reduce your exposure to pollution and breathe easier.



What is particle pollution?

Particle pollution—also called particulate matter or PM, is a mix of particles (tiny pieces) of solids or liquids that are in the air. These particles may include

- Dust
- Dirt
- Soot
- Smoke
- Drops of liquid



How can particle pollution affect my health?

Particle pollution can harm your overall health—especially if you have asthma, diabetes, or a heart-related disease or issue. Challenges may include

- Your heart not pumping blood properly
- Being more tired than usual
- Chest pain or tightness
- Fast heartbeat
- Feeling out of breath
- Heart attacks
- Irregular heartbeat rhythms
- Stroke



How can I reduce my exposure to particle pollution?

- Use [air quality forecasts](#) today to plan your activities for tomorrow.
- Plan activities when and where pollution levels will be lower.
- Reduce outdoor activities when pollution is predicted to be worse.
- If you must be outdoors for physical activity, choose easier or lighter activities and use a NIOSH Approved N95 respirator.
 - » To work properly, your N95 respirator should be close to your face, fit under your chin, and cover your nose and mouth.
 - » Wearing other face coverings such as surgical masks, bandanas, or neck gaiters will not give you the best protection against particle pollution.
- If you work outdoors, take more frequent breaks.
- Stay indoors and use a portable air cleaner or high-efficiency filter to keep the indoor air clean.
- If you are experiencing homelessness, go to a safe indoor location—if possible, with filtered air—to avoid pollution.
- Talk with a health care provider about what else you can do to keep yourself healthy.

Learn more at [AirNow.gov](https://www.airnow.gov)

