



Town of Name

For more information,
call 555-555-5555, or visit
ourwebsite@town.com

AIR QUALITY ALERTS

Climate models predict that climate change will lead to an increase in extreme heat events and associated air pollution in the coming years. Heat, traffic pollution, and wildfire smoke add to air pollution.

People with asthma and other respiratory and cardiovascular diseases are at high risk during periods of air quality deterioration. Seniors, younger children, and those who work outdoors are also at high risk.

DURING AN AIR QUALITY ALERT

- Reduce common asthma triggers at home: secondhand smoke, dust, pet hair and dander, and mold.
- Use portable air filters or air conditioning.
- Maintain indoor humidity levels between 30-50% using air conditioners, fans, or dehumidifiers.
- Limit time outside on days with high pollution or high pollen counts.
- Walk, bike, or take public transportation.
- Know the signs of dehydration and overheating.

If you show symptoms of infection, contact your doctor, nurse, or health care clinic.



This publication was supported by the following Cooperative Agreements: Public Health Emergency Preparedness (PHEP) Cooperative Agreement and Hospital Preparedness Program (HPP) Cooperative Agreement, from the Centers for Disease Control and Prevention (CDC) and/or Administration for Strategic Preparedness and Response (ASPR). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC and/or ASPR.

SOURCE: Massachusetts Department of Public Health