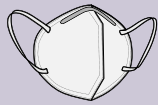
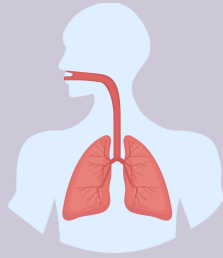


# Air Quality and Particle Air Pollution Exposure


**High Levels of PM2.5 is extremely hazardous.**

People most at risk from particle pollution exposure include those with heart or lung disease, older adults, pregnant women, newborns, and children.



Disposable respirators known as N-95 or P-100 respirators can be used if outdoors for a long period of time for protection.



 The U.S. Air Quality Index recommends ways to reduce your exposure when particle pollution is hazardous.

- Stay indoors in an area with filtered air.
- Keep your activity levels low.
- Keep windows closed and use an air filter.
- Avoid using anything that burns, such as wood fireplaces, gas logs and even candles or incense.
- When air quality improves, open the windows and air out your home or office.
- Don't smoke. It can increase air pollution.

Wildfire smoke is a mix of gases and fine particles from burning vegetation, building materials, and other materials. Health effects include: coughing, stinging eyes, scratchy throat, runny nose, chest pain, headaches, chest pain, an asthma attack, and more.



[Click Here for AIR Now: Air Quality Notifications \(state and local\)](#)



[The Air Quality Index has 6 Categories from Good to Hazardous. Click here for the Air Quality Guide for Particle Pollution](#)



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