



Prescriptions for PREVENTION



Guidance from the Western States
Pediatric Environmental Health Specialty Unit

Outdoor Air Pollution



Did you know?

Outdoor air pollution exposure is associated with health issues such as asthma, heart disease, and cancer. Highways, ports, wildfires, volcanoes, power plants, refineries, and factories are major sources of pollution. **Some communities**, such as low income communities and communities of color, are more impacted by air pollution than others.



Do

- ✓ **Check the EPA's [AirNow.gov](https://www.airnow.gov)** for guidance on outdoor activities.
- ✓ **Consider wearing a N95 mask** when the air quality is unhealthy.
- ✓ **Create a clean indoor air space** that your family can use when air pollution is unhealthy.

To help improve outdoor air quality:

- ✓ **Drive less**, walk, carpool, bike, or use public transport if available.
- ✓ **Choose energy-efficient appliances** and light bulbs.
- ✓ **Limit the use of gasoline-powered** lawn mowers and leaf blowers. Invest in electric alternatives if possible.



Don't

- ✗ **Don't rely solely on masks.** Use your clean indoor air space as needed.
- ✗ **Don't leave doors and windows open** on severe air pollution days.
- ✗ **Don't idle your car** unnecessarily.
- ✗ **Don't burn wood** or other materials in your fireplace or stove. Consider using space heaters or converting to a gas fireplace if needed. Follow the EPA's [Best Wood-Burning Practices](#).



For more information, scan the code or visit <https://wspehsu.ucsf.edu/projects/prescriptions-for-prevention-exposure-sources/>

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