



# Prescriptions for PREVENTION



Guidance from the Western States  
Pediatric Environmental Health Specialty Unit

## Particles and Nitrogen Oxides Environmental Exposure



### Did you know?

**P**articulate Matter (PM) and Nitrogen Oxides (NO) are common air pollutants created during burning. These can be easily breathed in and create health problems in pregnant people and their children, including increasing the risks of lung diseases and impacting children's brain development.



### Do

- ✓ **Access the EPA's Air Quality Index (AQI).**
- ✓ **Follow activity recommendations** and be cautious if your child has asthma or lung disease.
- ✓ **Consider wearing an N95 mask** when the air is unhealthy.
- ✓ **To help decrease the air pollution** in your community, walk, bike, use electric powered transportation and take public transit when possible.
- ✓ **Make your indoor air** as clean as possible:
  - ✓ **Use an air filter** rated MERV13 or higher if you have central air or heat;
  - ✓ **Use an air cleaner** that has a HEPA filter (don't use ion-based air cleaners). More information here;
  - ✓ **Do-It-Yourself air filters:** Box fans should be from 2012 or later. Adding a filter to earlier model fans is a fire risk.



### Don't

- ✗ **Don't burn anything indoors** (like wood in fireplaces, incense or candles).
- ✗ **Don't rely solely on masks.** Take additional measures to protect yourself from air pollution.
- ✗ **Don't cook without using the hood fan.** If needed, open windows while cooking.
  - **If you use a gas stove,** proper ventilation is especially important.
- ✗ **Don't use kerosene heaters** or unvented gas space heaters.
- ✗ **Don't leave windows open** during wildfires or other air pollution events such as dust storms or nearby pesticide applications.



For more information, scan the code or visit  
[wspehsu.ucsf.edu/prescriptions-for-prevention-environmental-hazards](https://wspehsu.ucsf.edu/prescriptions-for-prevention-environmental-hazards)

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