

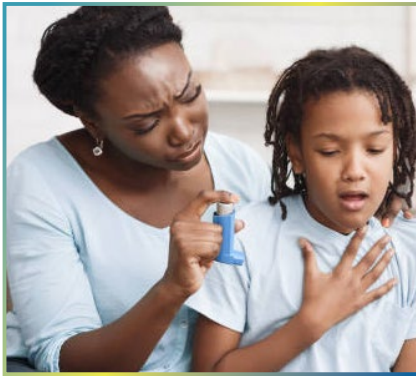


Prescriptions for PREVENTION

Guidance from the Western States
Pediatric Environmental Health Specialty Unit



Polycyclic aromatic hydrocarbons (PAHs) Environmental Exposure



Did you know?

Polycyclic aromatic hydrocarbons (PAHs) are a group of over 100 chemicals generated by burning wood, oil, gas, garbage, agricultural waste, meat, or tobacco. We are exposed through breathing, food, and skin absorption. PAHs can trigger or worsen asthma in children, increase risk of cancer, and have effects on developing babies.



Do

- Stop smoking if possible
- If you have multiple options for outdoor activity, choose activities that are further from major roadways, rail yards, heavy industry, or ports. But don't let that get in the way of getting outside!
- Follow the EPA Air Quality Index (AQI) activity recommendations (limit outdoor activities when air is bad), especially if your child has asthma or a respiratory condition
 - [AQI is on airnow.gov](https://www.airnow.gov) and a cellphone app can be downloaded
- Try to carpool, take public transportation, or use electric vehicles
- Reduce indoor air pollution:
 - [HEPA filter air cleaners](#) can reduce some levels of PAHs
 - When cooking, use ventilation, open windows and/or use a range hood
 - If you have a HVAC system, choose [MERV filters rated at 13 or higher](#) and replace as directed
 - "MERV" and a number 1-20 is usually labeled on filter packaging, or add "MERV 13" when you search for filters online
- Avoid charbroiled, chargrilled, and foods that are smoked
- [Take extra precautions during wildfires!](#)



Don't

- Don't allow any smoking in your home or car.
 - Wash your hands after smoking.
 - Don't burn anything indoors, including in-home fireplaces, candles, and incense, if you can avoid it.
- Don't burn wood, leaf piles, or garbage.
- Don't idle a motor vehicle or other oil or gas burning appliance inside your garage, even if the door is open.



For more information, scan the code or visit: wspehsu.ucsf.edu/prescriptions-for-prevention

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