



Prescriptions for PREVENTION

Guidance from the Western States
Pediatric Environmental Health Specialty Unit



Particles and Nitrogen Oxides (PM2.5 and NO2)



Did you know?

Particulate 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 OSHA certified N95 mask when the air is unhealthy
- To decrease air pollution in your community, walk, bike, use electric powered transportation and take public transit when possible
- If you have central air or heat ("HVAC") use an air filter rated MERV13 or higher and replace every 3 months
- "MERV" rating and the number 1-20 is labeled on filter packaging, or add "MERV 13" when you search for filters online
- [Use a portable air cleaner that has a HEPA filter](#)
- Don't use "ion-based" air cleaners
- [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 use kerosene heaters or unvented gas space heaters
- Don't cook without using the hood fan.
 - If needed, open windows while cooking
 - Use the rear burners, hood fans capture more of the gas from these
 - If you use a gas stove, proper ventilation is especially important
- Don't leave windows open during wildfires or other air pollution events such as dust storms or nearby pesticide applications
- Don't rely solely on masks. Take additional measures to protect yourself from air pollution



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

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