

## Take actions to help you and your loved ones stay safe during bad air quality days

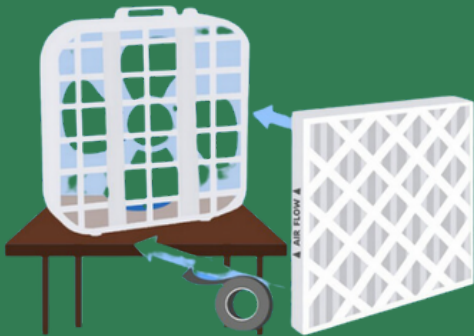
**1. Stay indoors, if possible:** People that are especially impacted by unhealthy air, such as children and people with existing respiratory conditions like asthma or COPD, should limit time spent outdoors. You can also wear a tight-fitting mask, like an N95, if needed. If air quality worsens, everyone should take precautions.



**2. Take precautions:** You should keep your windows and doors closed as much as possible. You can also purchase portable air filters or use the low-cost Do-It-Yourself version below. If you're driving, close your windows and set your ventilation system to recirculate the air.

### Low-Cost Air Cleaner

A DIY air cleaner can be a cost-effective way to improve air quality and can be made with a box fan and a high-efficiency air filter



#### WHAT YOU NEED:

- 20" x 20" box fan
- 20"x20"x2" MERV13 or higher rated (i.e. HEPA) filter
- duct tape

#### HOW TO ASSEMBLE:

- Attach the filter to the back of the fan with duct tape. this air purifier works best if above the ground - placement on a small table is a good option.

Source : Yale School of Public Health

### Tips to Stay Safe During Bad Air Quality Days

Stay informed:

Track air quality on the **Maine Department of Environmental Protection's website** and sign up to receive alerts about poor air quality through the **AirNow Mobile App**.



### Air Pollution Can Harm Children and Adults in Many Ways

#### RESPIRATORY

- Wheezing & coughing
- Shortness of breath
- Asthma attacks
- Worsening COPD
- Lung cancer

#### OTHER

- Premature death
- Susceptibility to infections
- Heart attacks & strokes
- Impaired cognitive functioning
- Metabolic disorders
- Preterm births & low birth weights



Source : American Lung Association

### Air Quality Index (AQI)

A tool that shows how clean or polluted the air is and what health effects might occur.

0-50	GOOD
51-100	MODERATE
101-150	UNHEALTHY FOR SENSITIVE GROUPS
151-200	UNHEALTHY
201-300	VERY UNHEALTHY
301+	HAZARDOUS