

Breathing polluted air increases your chances of getting sick and injuring your heart.

Everyone can be hurt by air pollution.

Air pollution is linked to

- Higher blood pressure
- Increased risk of:



Heart attack



Atrial fibrillation



Heart failure



Stroke



Diabetes

Air pollution leads to 8 million deaths around the world each year.

What is air pollution?

Air pollution is a mix of different things. It includes tiny particles from sources such as wildfires, factory fumes, car exhaust, and even tobacco smoke.

When breathed into your lungs, these pollutants can enter your bloodstream and injure vital organs.

Air Quality Health Index (AQHI) tells you how clean or polluted your air is.

✓ AQHI 3 or lower is **low risk**.

✗ AQHI 7 or above is **unhealthy for some**.

Low Risk (1-3)	Moderate Risk (4-6)	High Risk (7-9)	Very High Risk (10+)
1	4	7	10
2	5	8	
3	6	9	+

AIR QUALITY HEALTH INDEX

If you have heart disease, consider staying indoors and limiting activity if AQHI is 7 or above.

What you can do

- ✓ Check outdoor air quality levels and limit exposure on higher risk days.
- ✓ In severe smoke events, have a plan for finding an area with clean air, for example, using an air purifier or wearing a mask with N-95 respirator.
- ✓ Try to avoid tobacco smoke, engine exhaust, and open fires.
- ✓ Pay attention to indoor air quality (use fans while cooking, maintain fireplaces).
- ✓ Limit energy use to help lower pollution (carpool, use electric alternatives over gas-powered engines, don't idle your car).
- ✓ Walk or bike when the air is clean to improve your heart health.

To learn more, visit [CardioSmart.org/AirPollution](https://www.cardiosmart.org/AirPollution)
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