

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?

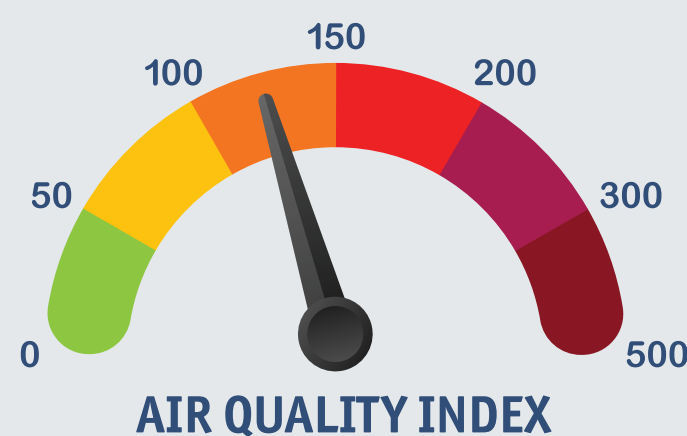
Air pollution is a mix of different things. It includes tiny particles from sources such as wildfires, factory fumes, car exhaust, and even tobacco smoke.



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



**Air Quality Index (AQI)** tells you how clean or polluted your air is.



- ✓ AQI 50 or lower is good.
- ✗ AQI 100 or above is unhealthy for some.

If you have heart disease, consider staying indoors and limiting activity if AQI is above 100.

## 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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