



WHAT IS AIR POLLUTION?

Air pollution is the release of harmful or toxic substance in the air. Air pollution comes from many natural and man-made sources, like emissions from wildfires, power plants, factories, and motor vehicles. The smokes produced contain different kinds of harmful chemicals and small particles in the air. They can cause severe respiratory and heart problems.

WHAT IS HARMFUL IN THE AIR?

Air pollutants can cause different harms to our bodies. Common pollutants include:

- **Particulate Matter**

Small particles in the air can get deep into your lungs. It can cause:

- Coughing, irritated throats and noses
- Lung diseases such as asthma and chronic obstructive pulmonary disease
- Heart diseases and lung cancer
- Even death for people who already have lung or heart diseases

- **Carbon Monoxide**

Carbon monoxide can reduce the amount of oxygen in the blood.

- Cause dizziness, difficulty to breath, chest pain, and headache
- Especially harmful for people exercising or working outdoors and people with lung or heart diseases

- **Lead**

Lead can become suspended particles in the air, and be absorbed by your body.

- Cause high blood pressure and heart disease for adults
- Even with a low dose, it can cause slower growth, learning problems, and lower IQ in young children
- Cause irreversible damage to the nervous system



- **Nitrogen Oxides and Sulfur Dioxide**

- Cause respiratory inflammation and difficulty in breathing
- Contribute to form particulate matters in the air

PROTECT YOURSELF

- Reduce exposure to outdoor environments and avoid outdoor activities when air quality is not good. You can check air quality on <http://airnow.gov> by entering your zip code.
- Filter indoor air by using air cleaners
- Wear masks or respirators
- Talk with your doctors if you are not feeling well

Sources:

- United States Environmental Protection Agency
- Airnow.gov

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什麼是空氣污染?

空氣污染是指有害或有毒的物質被排放到空氣中。空氣污染有很多自然或人為的來源，例如山火、發電廠、工廠、和機動車輛的燃燒排放物。這些排放的煙霧中含有各種有害的化學物和微小的粉塵顆粒。它們可以造成嚴重的呼吸和心臟問題。

空氣中有什麼有害物質?

不同的空氣污染物可以對我們身體造成不同的傷害。常見的污染物包括：

● 微小顆粒

空氣中懸浮的微小粉塵顆粒可以深入您的肺部。它可以導致：

- 咳嗽、對喉嚨和鼻子的刺激
- 肺病，如哮喘病和慢性阻塞性肺病
- 心臟病和肺癌
- 對已患有肺病或心臟病的病人可能造成死亡

● 一氧化碳

一氧化碳可以減少血液中的含氧量。

- 會造成眩暈、呼吸困難、胸痛、和頭痛
- 尤其對在戶外工作或運動的人士、肺病或心臟病患者造成更大傷害

● 鉛

鉛可以成為空氣中的懸浮顆粒，再被您的身體吸收。

- 對成人引起高血壓和心臟病
- 即使是低劑量的鉛，也會導致兒童發育緩慢、學習障礙、和智力低下
- 對神經系統造成不可逆轉的傷害



● 氮氧化合物和二氧化硫

- 引起呼吸道炎症和呼吸困難
- 有助於顆粒物質在空氣中形成

保護自己

- 當空氣質量不好時，應減少暴露於戶外環境中，避免戶外活動。您可以通過輸入您的郵政編碼，在 <http://airnow.gov> 上檢查本地空氣質量。
- 用空氣過濾器過濾室內空氣
- 戴上口罩或呼吸器
- 如果感覺不舒服，告訴您的醫生

資料來源：

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- Airnow.gov

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