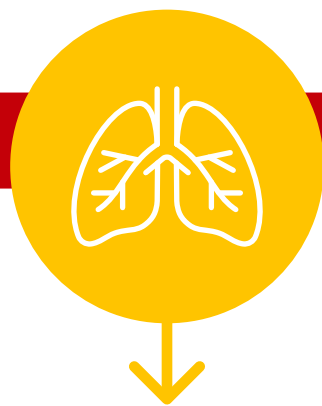




Weill Cornell Medicine

Protecting Your Lungs From Air Pollution



Poor air quality can harm your health. Breathe easy by protecting your lungs and doing your part to create a healthier environment.



Know Your Risk

Certain people are more sensitive to the effects of poor air quality.

People with heart and lung conditions, including asthma, COPD and heart disease

Children and teens

Older adults

Pregnant people

People with allergies



Protect Yourself



Your Indoor Safe Space

- ✓ Close all windows and doors to keep polluted air out.
- ✓ Use a HEPA air purifier to filter your air of allergens, such as dust mites, pollen and mold.
- ✓ Avoid burning candles, incense or wood, and skip smoking, vaping, frying and using aerosol sprays.

Your Outdoor Action Plan

- ✓ Limit your time outside.
- ✓ Wear a well-fitting N95 or KN95 mask to reduce exposure to fine particles in dust, smoke and smog.
- ✓ Avoid busy roads where pollution levels are often higher.



Better Air Starts With You

Choose to walk, bike, carpool or take public transit whenever possible to reduce driving.

Turn off lights and reduce electricity use, since power generation is a major source of air pollution.

Switch to battery-powered lawn equipment instead of gas-powered models to cut emissions.

Avoid burning wood or trash, as it releases harmful pollutants into the air.

Visit weillcornell.org/doctors to find a Weill Cornell Medicine provider who can help you care for your respiratory health.



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