

ARE YOU WORRIED ABOUT YOUR AIR?

Industrial activities like gas drilling can affect air quality in nearby homes. The suggestions provided here will help you assess the quality of your air and detect contamination if it has occurred. Even if you've had your air tested in the past, it's a good idea to keep monitoring.

Here are **3 Good Things to Do** to protect your air and your health

1 Monitor Your Air

Monitor your indoor air quality. We recommend monitoring for particulate matter (PM) inside your home. Contact us to learn more about indoor air monitors.

Monitor your outdoor air quality. Learn where pollution sources are in relation to your home. Prevailing winds in SWPA are from the northwest, so a source within ½ mile to the northwest could bring harmful levels of pollutants into your yard.

Learn the weather patterns that bring air from a polluting source to your yard. Overcast days when the air is stagnant are often the most harmful. Clear sunny days are best for healthy air.

Keep a record of results. Write down weather, air quality and health information. Share this information with your health care provider.

Contact our office for further information on equipment and monitoring your air.

2 Clean Your Air

Use indoor air filters. Home and room filters that contain both a HEPA filter and a charcoal filter are best for reducing many of the particles in your air. In summer it helps to run an air conditioner.

On good air days, refresh your indoor air: Sunny days when the air can rise quickly up are good days to refresh your home.

Air is often stagnant at night and in early morning. Keep your windows closed during these times. We recommend using air filters in bedrooms at night. Contact us for air filter recommendations.

3 Take Precautions

Clean your house often. Use a vacuum with a HEPA filter. Don't sweep with a broom.

Take off your shoes when you come inside. Keep contaminated soil out of your home.

Limit time outside on bad air days. Also avoid strenuous outside activities. Check www.airnow.gov for local air quality alerts.

If you have asthma, COPD or chronic health conditions keep an inhaler and/or your medications nearby. Be sure to develop a management plan with your doctor.

Vent the air in places where you use water. Open windows or run an exhaust fan in the bathroom, kitchen and laundry room. If you have a stove fan, always use it when cooking.

See a health care provider if you have health concerns.

Call us to see our nurse practitioner or ask questions. **Visit our website** for more info.

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