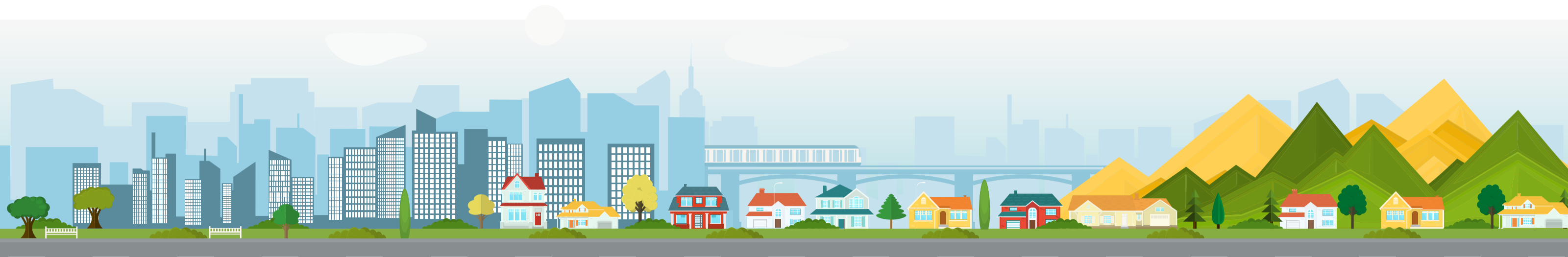


How Air Quality Affects COPD

Air pollutants can worsen COPD symptoms

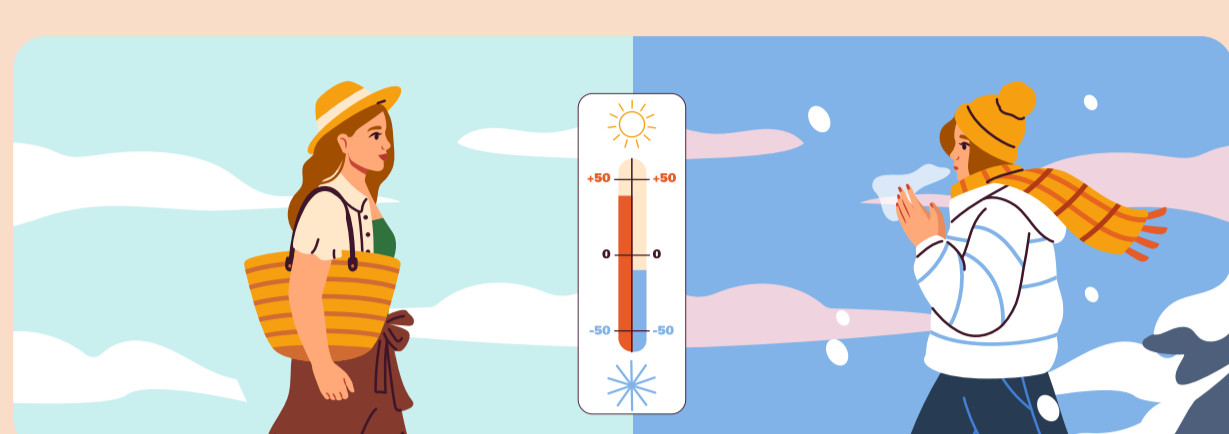
Chronic Obstructive Pulmonary Disease (COPD) is a lung disease that restricts the airway and makes it hard to breathe.

Pollution and irritants found in outdoor and indoor air can worsen symptoms.



Outdoor Air

Outdoor pollution can trigger COPD symptoms, especially on days with high pollution or extreme weather.



Heat waves and cold snaps

Can cause airway tightening, making it more difficult to breathe.



High levels of ozone

Can inflame and damage airways, making it more difficult and painful to take deep breaths.



Wildfire smoke

Contains large amounts of fine particulate matter that aggravate and inflame airways.



Particulate matter

Diesel emissions
Car pollution
Burning fuel
Pollen

Contain particles that can trigger coughing, shortness of breath and flare-ups.



Other types of air pollution

Factory chemicals
Construction dust
Agricultural pollution
Industrial gases and toxins

Can irritate and inflame the lungs.



Indoor Air

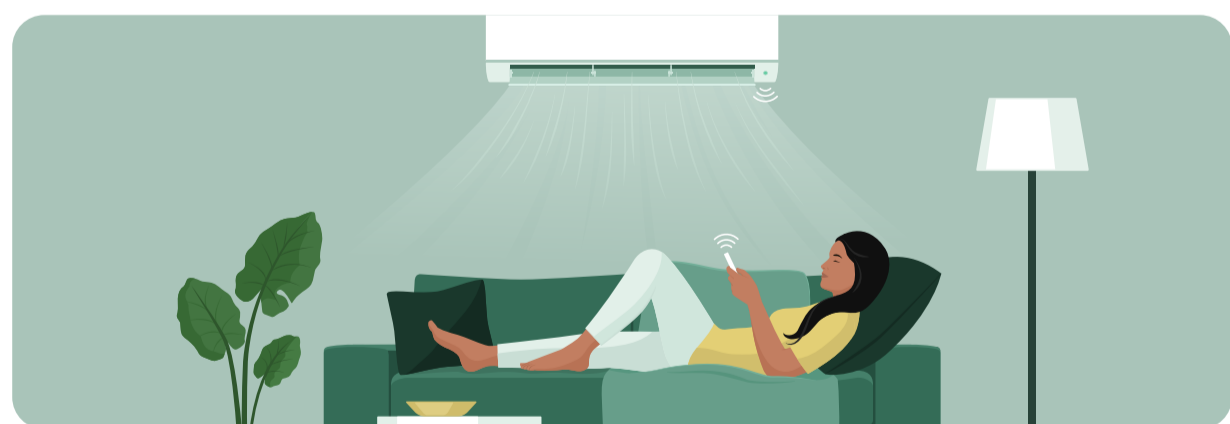
The air inside your home can contain hidden irritants that worsen breathing over time.



Smoke from burning objects in the house

- Tobacco smoke
- Exposure to secondhand smoke
- Fireplaces
- Candles
- Wood stoves
- Incense

Contain particulate matter, gases and toxins that worsen lung function and trigger COPD flare-ups.



Daily indoor temps

- High or low indoor temperatures
- High or low humidity

Can increase inflammation or tighten airways, which aggravates COPD symptoms.



Allergens

- Pet dander
- Dust
- Mold spores

Can increase inflammation, which leads to coughing, wheezing and reduced lung function.



Airborne Chemicals

- Air fresheners
- Incense
- Sprays
- Toxic cleaning products

Can contain chemicals and volatile organic compounds (VOCs) that can be irritating to people with COPD.

Steps to take

- ✓ Refrain from burning materials indoors.
- ✓ Improve ventilation by opening windows and doors, especially while cooking.
- ✓ Avoid walking or biking around busy roads, freeways, industrial plants or construction sites. Wear a mask if you must be in these areas.
- ✓ Check the Air Quality Index (AQI) before going outdoors and reduce your time spent outdoors when pollution levels are high.
- ✓ Close doors and windows on poor air quality days.
- ✓ Invest in HVAC filters and HEPA air filters to help reduce indoor pollutants.
- ✓ Use doormats and remove shoes to lower the amount of dust in your home.
- ✓ Aim for indoor humidity between 30%–50%.
- ✓ Avoid letting your home become too hot or too cold.