



## **Outdoor Air and Health**

Air quality is usually excellent in New York State, but sometimes outdoor air can be unhealthy.

Learn more about air quality and steps to take to reduce exposure to outdoor air pollutants.

### **Follow Air Quality Alerts**

New York State alerts the public when the level of outdoor air pollutants is expected to be unhealthy. These alerts are often broadcast on the news or weather station.

Air Quality Alerts tell you:

- The pollutant of concern
- The rating air quality from good to hazardous
- Who is at risk
- Actions to reduce exposure.

**Sign up for Air Quality Alerts**  
[www.enviroflash.info](http://www.enviroflash.info)

## If Outdoor Air is Unhealthy

- Spend more time indoors.  
This is especially important for older adults, pregnant people, and people with respiratory problems like asthma or heart problems.
- If it gets hot indoors, cool off with air conditioning if you can. Find a place to get cool at [health.ny.gov/CoolingCenters](https://health.ny.gov/CoolingCenters).
- If you need to be outdoors, take frequent breaks and adjust activities.
- Talk to your health care provider about your health concerns.

## About Air Pollutants

The most common Air Quality Alerts are for ozone and particle pollution.

- **Ozone** is one of the main air pollutants in 'smog.' Ozone levels are highest during hot days when sunlight mixes with air contaminants from vehicle exhaust and other sources.
- **Particle pollution** comes from vehicle exhaust, burning wood, gas and other fuels and fires.

**Learn more about air quality.**  
[health.ny.gov/OutdoorAir](https://health.ny.gov/OutdoorAir)