



REDUCE YOUR RISK BY USING THE  
AIR QUALITY INDEX (AQI) TO PLAN  
OUTDOOR ACTIVITIES—WWW.AIRNOW.GOV

AQI Levels of Health Concern	AQI Values	What Action Should People Take?
Good	0-50	Enjoy Activities.
Moderate	51-100	<b>People unusually sensitive to outdoor air pollution:</b> Plan strenuous outside activities when air quality is better
Unhealthy for Sensitive Groups	101-150	<b>Sensitive Groups:</b> Cut back or reschedule strenuous outside activities <b>Particle Pollution:</b> People with heart or lung disease (including diabetics), older adults, and children. <b>Ozone:</b> Active children and adults and people with lung disease. <b>Sulfur Dioxide:</b> Active children and adults with asthma. <b>Carbon Monoxide:</b> People with heart disease and possible fetuses and infants.
Unhealthy	151-200	<b>Everyone:</b> Cut back or reschedule strenuous outside activities. <b>Sensitive groups:</b> Avoid strenuous outside activities
Very Unhealthy	201-300	<b>Everyone:</b> Significantly cut back on outside physical activities. <b>Sensitive groups:</b> Avoid all outside physical activities.

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## Air Quality Advisories

**Air Quality Watch:** when there is *potential* for poor air quality in some portion of the County.

**Air Quality Warning:** when there is *already* poor air quality in some portion of the County.

*Subscribe to Air Quality Advisories at:*  
**www.OurAir.org**

## Protecting Our Air

*The Santa Barbara County Air Pollution Control District (District) is a local government agency that works to protect the people and the environment of Santa Barbara County from harmful effects of air pollution.*

*We are an independent special district, responsible for controlling air pollution from business and industry sources (we do not regulate motor vehicles). Our jurisdiction covers the entire County including the incorporated cities of Buellton, Carpinteria, Goleta, Guadalupe, Lompoc, Santa Barbara, Santa Maria, and Solvang.*

## Visit [www.OurAir.org](http://www.OurAir.org)

- View Today's Air Quality
- Find out about funding programs
- Subscribe to our newsletter, and to Air Quality Advisories
- Access permitting and compliance info
- Find out what you can do for cleaner air

## Phone Numbers

Main Number ..... 961-8800  
(general information and complaints)  
Public Information & Media ..... 961-8833  
Business Assistance ..... 961-8868  
Recorded Information ..... 961-8802  
Clerk of the Board ..... 961-8853



260 N San Antonio Rd, Suite A  
Santa Barbara, CA 93110-1315  
(805) 961-8800  
**www.OurAir.org**



### About Our Air

## Air Pollution and Health



**www.OurAir.org**



# Common Air Pollutants

## Ozone



### Good Up High

In the stratosphere, ozone protects us from harmful UV radiation.

### Bad Nearby

At ground level, ozone affects human health and damages crops and buildings.

## Health Impacts

**Short Term:** irritation of throat and eyes, coughing, wheezing, shortness of breath, chest tightness, breathing difficulties

**Long Term:** premature aging of the lungs, decreased lung capacity, reduced lung function, aggravated asthma, bronchitis, and other respiratory illnesses

## Air Toxics

Air toxics are chemicals released into the air that are known or suspected to cause cancer or other serious health problems. Examples of air toxics include mercury, asbestos or benzene. Vehicle exhaust contains high amounts of air toxics, and diesel exhaust particulate is considered the number one airborne carcinogen in California.

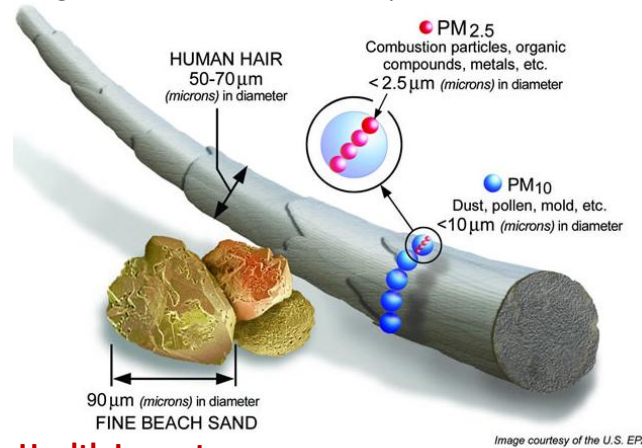
## Health Impacts

**Short Term:** eye irritation, nausea, breathing difficulties

**Long Term:** birth and developmental defects; cancer; damage to the nervous, immune, and reproductive systems

## Particulate Matter (PM)

PM is made up of fine pieces of metal, dust, smoke, air toxics, and other particles floating in the air. When the particles are less than 10 microns in diameter (PM10) or 2.5 microns in diameter (PM2.5), they can travel deep into our lungs and cause serious health problems.



## Health Impacts

**Short Term:** coughing, wheezing, shortness of breath, breathing difficulties, and heart impacts, including increased risk of heart attacks

**Long Term:** decreased lung function, aggravated asthma, bronchitis, and other respiratory illnesses, premature death in people with heart or lung disease

## Sensitive Populations

**Children** – more vulnerable than adults because they breathe more air for their size, they spend more time playing hard outdoors, and their lungs are still growing and developing.

**Seniors** – more affected by air pollution due to weakening immune systems and existing heart and lung conditions.

**People with lung or heart conditions**

**People who work or exercise outdoors**



## What can 1 person do?

Avoid breathing dirty air and help keep our air clean.

### Avoid breathing dirty air

Reduce outdoor activities when the air is smoky, dusty or smoggy. Call us or check our website for pollution levels AND use common sense.

### Keep our air clean

1. Drive less—walk, bike, carpool or take the bus more!
2. When you do drive, combine car trips, keep your car tuned up, and don't top off your tank.
3. Shop local.
4. Shop sustainable.
5. Reduce, Reuse, and Recycle!
6. Use less toxic household products.
7. Convert a wood fireplace to a natural gas one if you can.
8. Conserve energy! Turn off the lights, computers and TVs when not in use. Run the dishwasher and washing machine only when full.
9. When your family barbecues, start the charcoal with an electric or chimney-type fire starter instead of lighter fluid. Or, if you can, replace your barbecue with one powered by propane.
10. Use an electric mower or push mower instead of a gas-powered mower. Use a broom instead of a leaf blower.