

Charlotte Air Awareness

Poor Air Quality can impact your health and wellness, especially if you are part of a sensitive group (pre-existing conditions, older adult, or a child). The two main [pollutants of concern](#) in our region are ground level ozone and fine particulate matter (PM 2.5). High concentrations of ground level ozone can cause irritation in the lungs and repeat exposure over the year can cause scarring and damage. Particulate matter can get deep into the lungs and cause irritation; it can also enter the bloodstream and cause damage to the cardiovascular system.

Good news! In the Charlotte region, we have good Air Quality! In 2019, we had 234 “good” air days. However, there are occasions that we will have unhealthy air quality days, so it is important to know how best to take action and protect your health:

1. Sign up for [Enviroflash](#) to receive the Air Quality Forecast via email.
2. Review the [Air Quality Index](#)! What do all those colors mean for you?
3. On Air Quality Action days (Code Orange, Red, or Purple), reduce the time or exertion spent outside, especially during mid-day! Any activity that increases your breathing rate also increases your risk of exposure to air pollution. You don't need to stay indoors, but "take it easy" outdoors to reduce your risk.
4. [Do your part to reduce air pollution!](#) Every day, but especially on AQ action days, clean commute to work, reduce the number of car trips you take, or use electric lawn equipment.

Want to learn more and engage with an Air Quality Specialist? [Sign up to attend virtual Air Quality 101 presentation!](#)