

# Clear the Air!

Protect your health from bad air

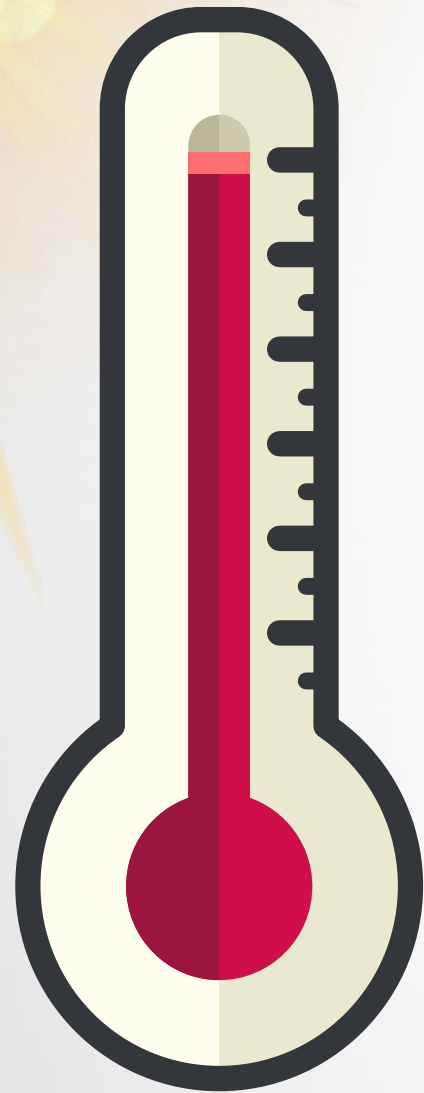




# Acknowledgments

Funding for these materials was made possible by the Thoracic Foundation.

**When it's hot out, we can feel it...**

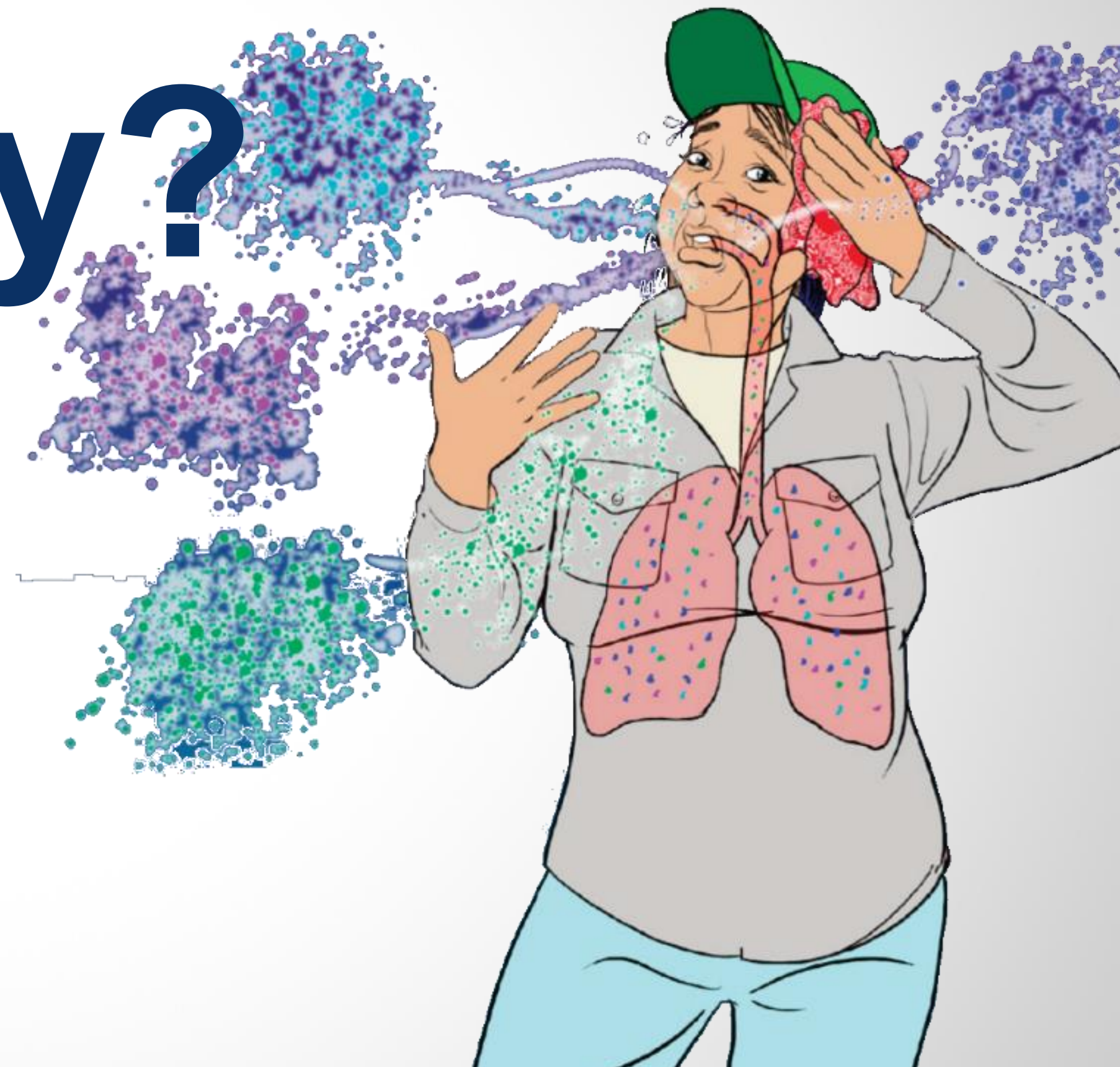




**... it can also make it hard to breathe.**



**Why?**





**Heat, together with air pollution,  
can be dangerous.**

**It can make it hard to breathe.**

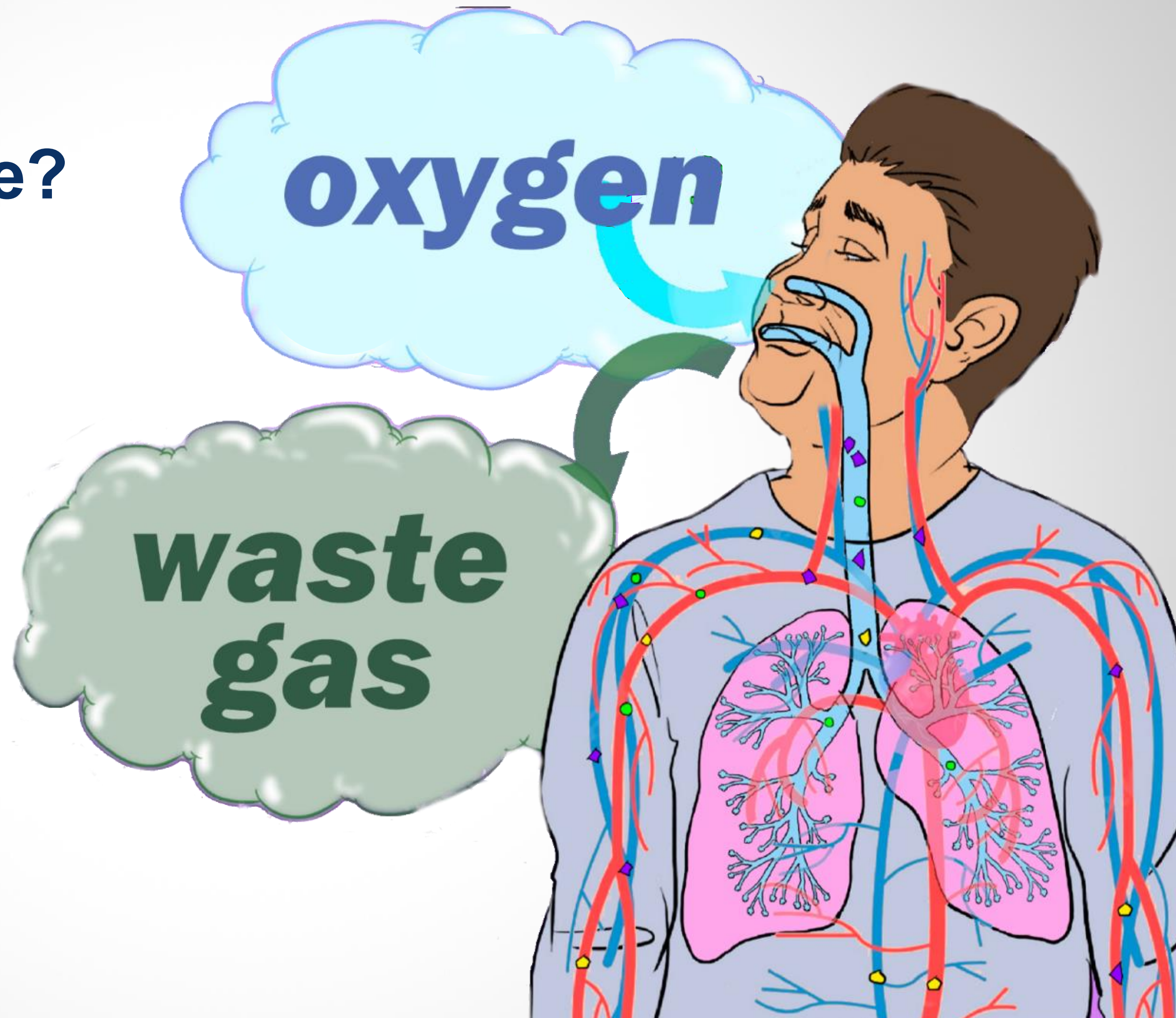
**How can the air we breathe  
affect our health?**



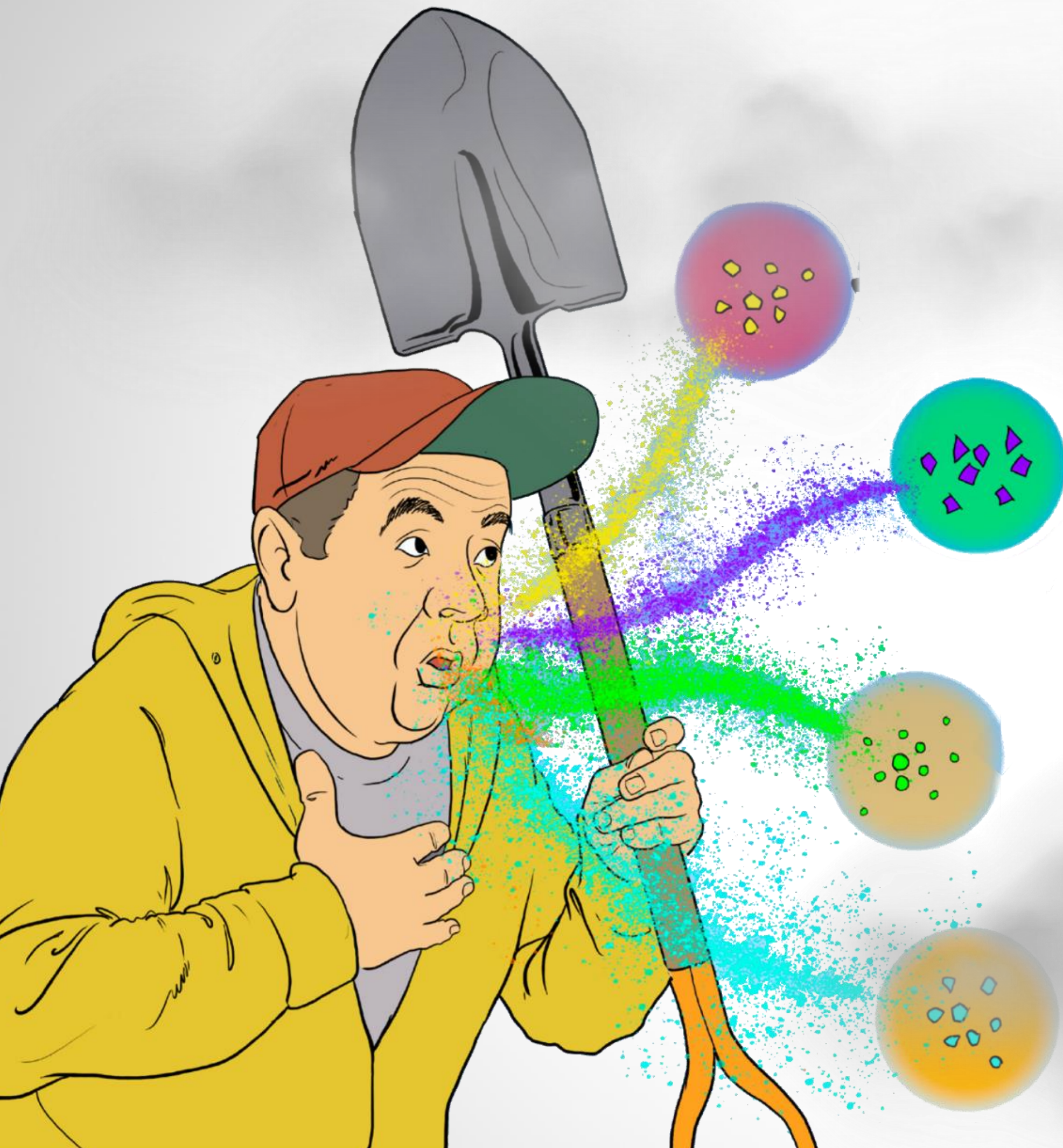


# How do we breathe?

- We take oxygen into our lungs from the air around us.
- It crossed from our lungs to our bloodstream and travels around our entire body.
- We breathe out unwanted gases.







## What is in the air we breathe?

Chemicals, dust and very small particles floating around the air we breathe can enter through our nose and mouth and get to our lungs.

*Small particles are also known as PM 2.5...  
they are much smaller than a grain of sand  
or the tip of a pin!*

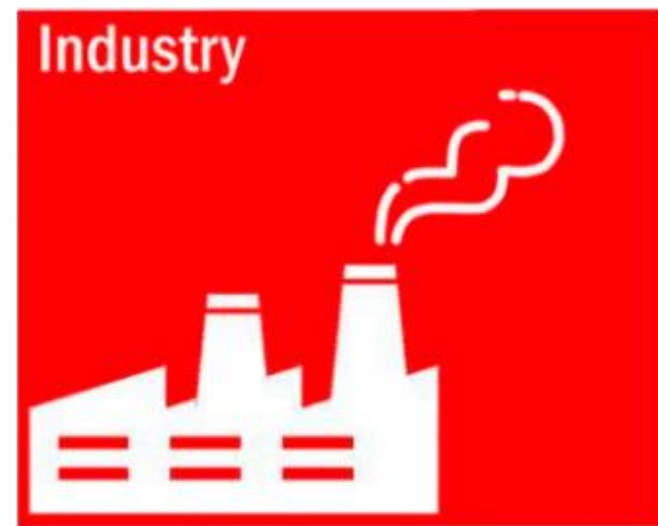
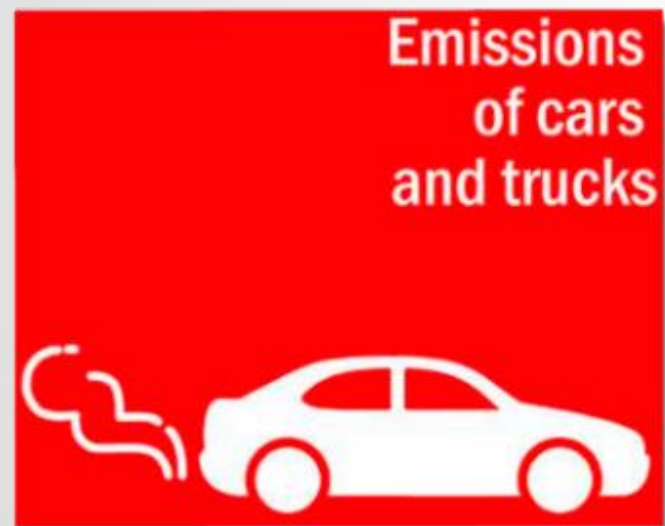


But where do the  
chemicals & pollution  
in the air come from?



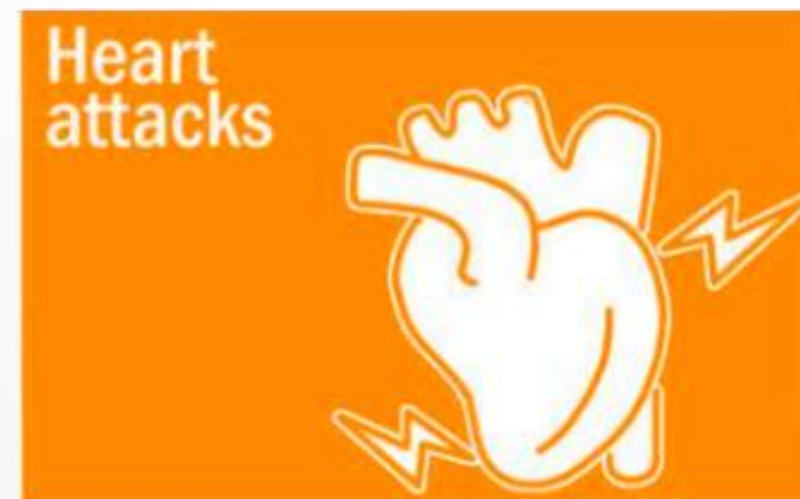


# Where do the chemicals & pollution in the air come from?





# How can chemicals & pollution in the air affect my health?





# What are some prevention strategies to lower my exposure to chemicals & pollution?

Review the local  
air quality  
if the levels are high.



Do not leave the car  
running when  
you're not in it



Avoid doing activities  
where there are  
lots of cars  
or other  
sources of emissions



Follow the  
recommendations  
related  
to open  
burns



Consider  
indoor  
activities





# Exposures to PM 2.5 at work













# What are other air pollutants that can affect my health?

- **Mold**: a fungus that grows in damp, warm places, and areas with leaks and humidity. It releases **tiny spores** into the air. If we breathe them in over and over, they can **irritate our lungs** and cause health problems.
- Strong chemicals like bleach or special mold-killing sprays help stop mold from growing, but they also release **harmful fumes** into the air.





# How does climate change impact air quality?

- As the global temperatures increase, disasters will happen more often and with increased strength.
- Air quality is greatly affected because these events release more pollutants into the air, making air quality worse and putting workers at greater risk.



THE SMOKE FROM WILDFIRES IS A MIXTURE OF GAS AND SMALL PARTICLES WITH ASH.





Long term exposure can lead to serious health problems.





# How can we protect ourselves?

Let's learn about the Air Quality Index (AQI) and N95 or KN95 Respirators.



# Air quality index <sup>(AQI)</sup>

<b>301-500</b>	<b>Hazardous</b>
<b>201-300</b>	<b>Very unhealthy</b>
<b>151-200</b>	<b>Unhealthy</b>
<b>101-150</b>	<b>Unhealthy for sensitive groups</b>
<b>51-100</b>	<b>Moderate</b>
<b>0-50</b>	<b>Good</b>



WHEN THE AIR QUALITY INDEX IS VERY UNHEALTHY OR HAZARDOUS, WE MUST USE AN N95 RESPIRATOR TO PROTECT OURSELVES.





AirNow App in App Store (iOS)



AirNow App in Google Play Store (Android)





# How to wear the N95 or KN95 respirator?



1. Pull the lower strap from the top to the lower back of the head, placing the strap under the ears.
2. Pull the upper strap over your head to the upper back of the head, placing the strap on top of the ears.
3. Squeeze gently the metal piece on top of the nose bridge.
4. Check the fit to make sure it is sealed by placing both hands over the respirator and breathing. Make sure the respirator collapses slightly when doing so. If needed, adjust the straps and nose piece to make sure there is a seal.



# **N95** *Respirator*

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# How can I avoid mold-related air pollutants?

- When working in **moldy areas**, you can use a **N95 or KN95 respirator** to protect yourself.
- If you are using **chemicals** to remove mold, **more protection** is needed: besides the respirator, use **goggles, gloves** and **protective clothing**. Make sure you follow the **instructions on the label** of the product you are using.







## What protection can we use when working in the field?

When **working in the field**, it is always a good idea to **use protective equipment** and protect yourself from things that may harm your health. Even **clothing** can be can protect you!



# Protecting ourselves

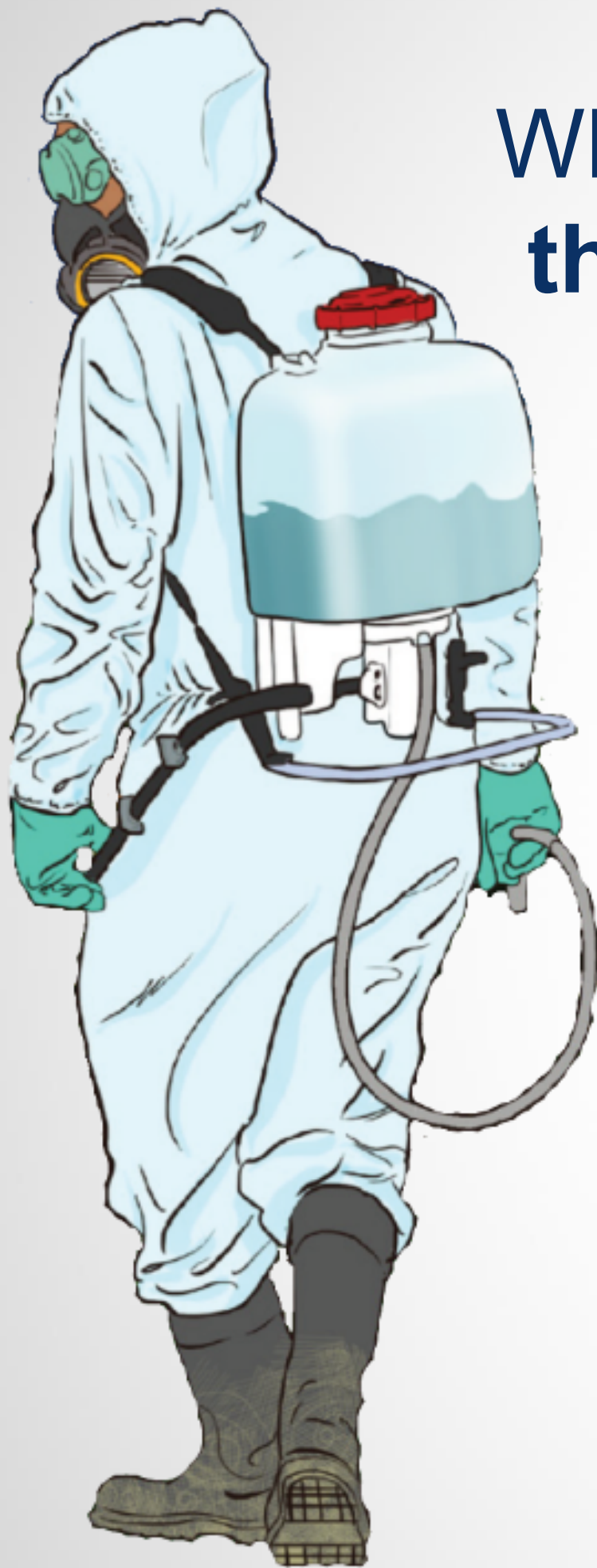
The type of clothing and personal protective equipment (PPE) depend on a couple of factors:

- Type of work
- Weather
- Air Quality Index





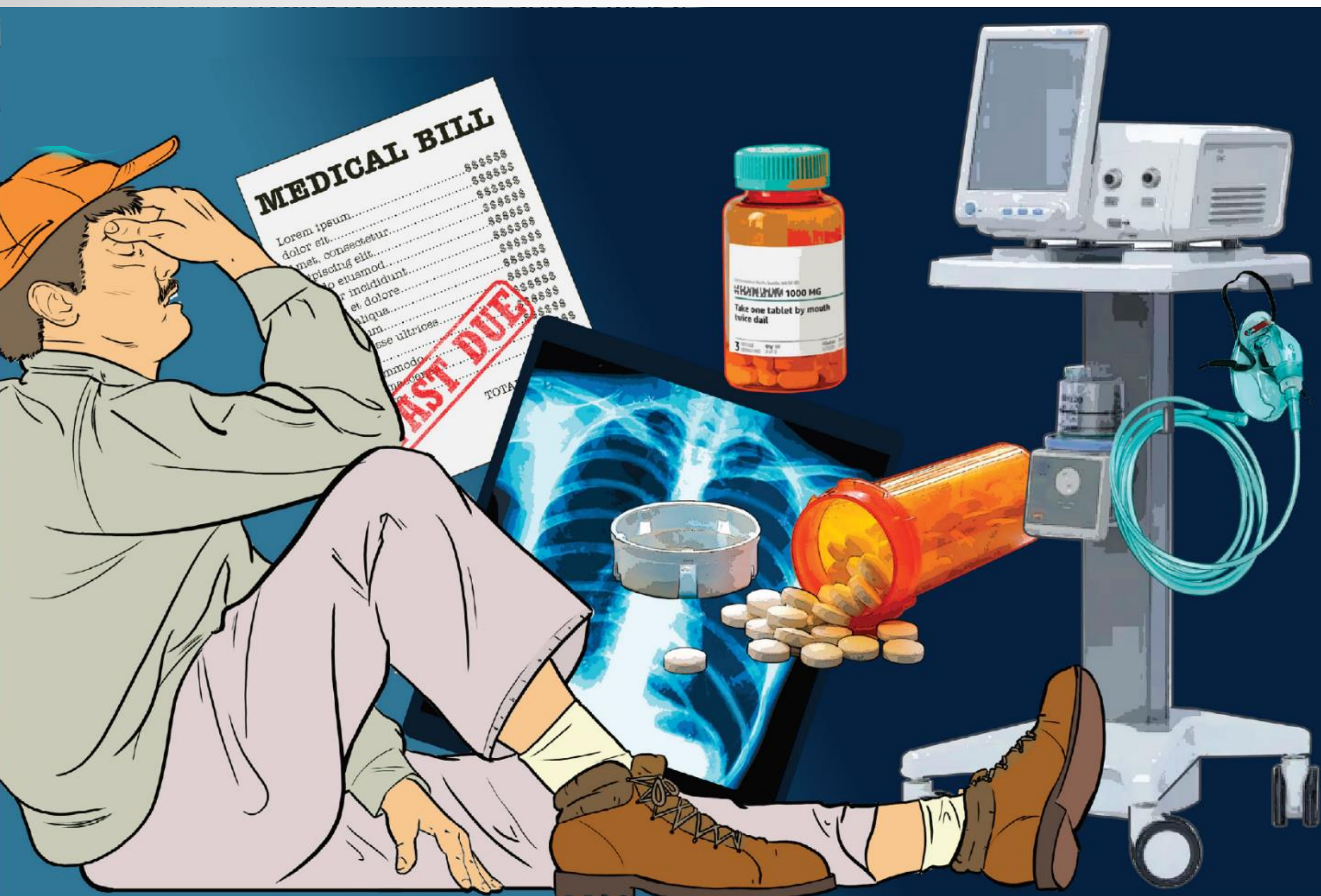
When working with pesticides, make sure to **follow the instructions on the label** of the product you are using for **application** and for the **PPE required**.



*PPE is important for your health, even when it is hot outside! Find balance in protecting your health and the effort in your work activities.*







We must always remember that, if we become sick, it will be hard to support ourselves and our families.

**Most diseases are preventable; take action for your health!**



JUST REMEMBER THE  
MAIN STEPS TO PROTECT  
OURSELVES:

Air quality

301-500

201-

151-200

101-

- ☒ BE INFORMED
- ☒ PROTECT YOUR AIRWAYS
- ☒ WEAR PERSONAL PROTECTIVE EQUIPMENT (PPE) AT WORK
- ☒ WEAR THE RIGHT CLOTHING

## Particulate matter or PM 2.5

Where does it come from?

Vehicular emissions

How can it affect my health?

Prevention strategies



Asthma attacks and bronchitis



Heart attacks



Worse existing health conditions

How the local air quality is high:

work, N95 mask. You can, inside

Limit physical activity in areas with high vehicular traffic



Consider indoor activities





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Download the comic book clicking the link below or scanning the QR code:  
<https://www.migrantclinician.org/resource/clear-air-protect-your-health-bad-air.html>

