

HOW CAN OAKLAND RESIDENTS REDUCE EXPOSURE TO POOR AIR QUALITY?



POOR AIR QUALITY

The effects of climate change will worsen air quality, affecting the health of Oakland residents

READ MORE ABOUT HOW YOU CAN BE HEALTHY
AND REDUCE YOUR EXPOSURE TO AIR POLLUTION



This factsheet was made possible with the support from
The San Francisco Foundation

Rising temperatures from climate change will worsen and increase the number of unhealthy “bad air days.”

Elevated levels of ground pollution and extreme heat increase the risk of respiratory illnesses such as allergies, asthma, and lung cancer.

The most susceptible includes people with lung and heart disease, pregnant women, outdoor workers, persons who are elderly and children.

Fold out this factsheet and learn more about what you can do to reduce your impact on air pollution

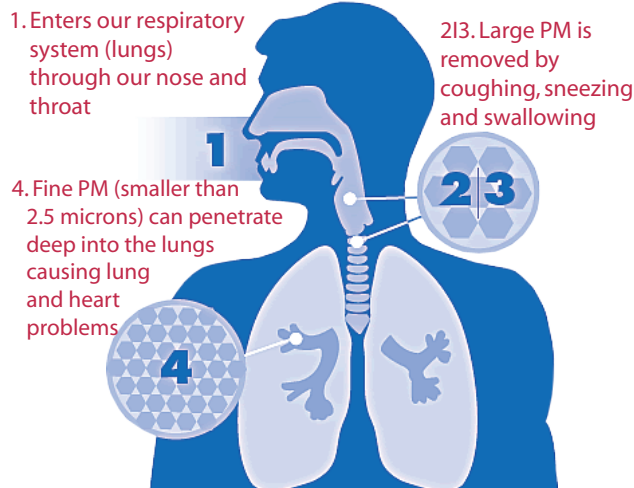
The Intergovernmental Panel on Climate Change (IPCC), a scientific body on climate change, predicts that climate change is the cause of “declining air quality in our cities”

PARTICULATE MATTER (PM):

Very small liquid and solid particles that float in the air. These particles, which come from cars and fireplaces, can penetrate into the lungs and bloodstream and cause serious health problems.

Particulates smaller than 2.5 microns (1/30 the width of human hair) are linked to respiratory diseases, heart attacks, and decreased lung function. Fine PM is projected to increase throughout Oakland and will be even greater in West Oakland.

Particulate Matter Entering the Human Body



WHO DO I CALL IN CASE OF AN EMERGENCY? Life Threatening call 911

Other Emergency Contacts

Alameda County Office of Emergency Services	925.803.7800
Alameda County Poison Control	1800.523.2222
American Red Cross	510.595.4400
City of Oakland Fire Dispatch	510.444.1616
City of Oakland Police Dispatch	510.777.3211
City of Oakland Office of Emergency Services	510.238.3938
EBMUD	510.835.3000
PG&E	1800.743.5000
National Response Center (Toxic Spills)	1800.424.8802

LOCAL RESOURCES

California Air Resources Board (CARB)

Air Pollution Complaints
1-800-952-5588

Bay Area Air Quality Management District

Issues Spare the Air alerts on days with poor air quality
Air Pollution Complaints
1-800-334-ODOR (1-800-334-6367)
Daily Air Quality & Open Burn Forecasts
1-800-HELP AIR (1-800-435-7247)

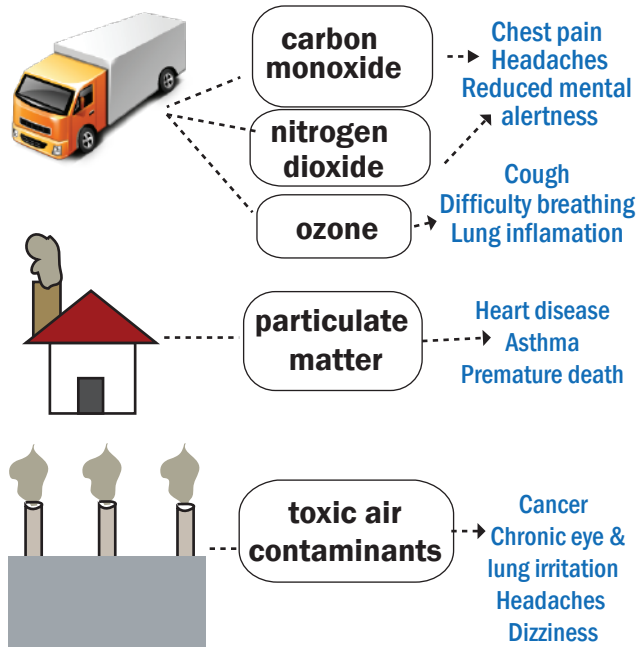
Alameda County Public Health Department

Asthma Start Program
510-383-5181

Ecology Center Information Hotline and Help Desk

Phone: (510) 548-2220 x233
email: erc@ecologycenter.org

EXAMPLES OF SOURCES OF POLLUTANTS



HOW DO I REDUCE MY EXPOSURE TO AIR POLLUTION ?

1. Check air quality levels
2. On *Spare the Air* days, don't exercise outdoors
3. On *Spare the Air* days, do errands before 10 am if possible
4. Stay away from pollen sources
5. Have medication ready at hand, especially for those with respiratory problems

HOW DO I REDUCE MY IMPACT ON AIR POLLUTION ?

1. Drive less and walk or take public transit
2. Combine errands to reduce trips
3. Buy local foods and goods
4. Maintain the recommended tire pressure for your car for the best fuel usage
5. Use furnaces and fireplaces only when necessary

ADAPTATION STRATEGIES THAT YOU CAN SUPPORT

1. Modify the region's Emissions Reduction Plan to account for the increase in air pollution from climate change
2. Develop *Spare the Air* alerts or other air quality warning systems that are in multiple languages and accessible to all communities
3. Develop public education and outreach programs to reduce emission-causing activities and limit exposure on high air pollution days

WHAT THE CITY OF OAKLAND CAN DO

1. Revise building design guidelines to address air quality
2. Provide resources to partner with community-based groups to develop and implement community education and outreach programs
3. Provide funding for air filter replacement for low-income households as well as those with chemical sensitivities and respiratory disabilities
4. Establish centrally located shelters or cooling centers for homeless and low-income residents

WHAT YOU CAN DO TO PROTECT YOUR COMMUNITY

1. Establish systems of neighborhood leaders who are trained and charged with outreaching to local residents
2. Let others in your neighborhood know about air quality conditions and impacts
3. Identify public spaces that have air conditioning during heat events

