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.

Particulate Matter Entering the Human Body

1. Enters our respiratory system (lungs) through our nose and throat
2. Large PM is removed by coughing, sneezing, and swallowing
3. Fine PM (smaller than 2.5 microns) can penetrate deep into the lungs causing lung and heart problems
4. Fine PM (smaller than 2.5 microns) can penetrate deep into the lungs causing lung and heart problems

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.

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

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

LOCAL RESOURCES
**EXAMPLES OF SOURCES OF POLLUTANTS**

- carbon monoxide
- nitrogen dioxide
- particulate matter
- ozone
- toxic air contaminants

**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