



Utah Physicians for a Healthy Environment

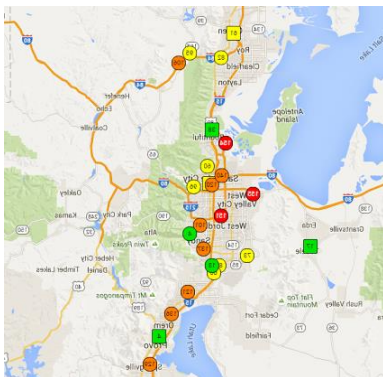
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How can you minimize the health effects of air pollution?

- **Work out away from high traffic areas** - Running or biking just a few hundred yards away from major routes can reduce your inhalation of particulate pollution significantly.
- **Eat foods rich in anti-oxidants or take supplements** - Anti-oxidants can counter the inflammation triggered by air pollution. Anti-oxidant concentrations in plasma are associated with improved running speed. Brightly colored fruits and vegetables are by far the best source. Vitamin pills and supplements have little proven benefit.
- **Wear a respirator/mask rated 95 or 99.** Three good brands are 3M, Vogmask and Totobobo. A tight fit is most important. However, masks do not help with summertime ozone, only winter particulates.
- **Exercise early in the day when air pollution levels are lower**
- **Listen to your body, especially during inversion.** If you have trouble breathing, feel a burning in your throat or are unusually fatigued, stop or reduce your intensity.



- **Check the Air Quality Index (AQI),** know what it means and exercise outdoors only when it's recommended. The AQI is a system used to measure and report air quality, which looks for five major air pollutants: particle pollution, ground-level ozone, carbon monoxide, nitrogen dioxide, and sulfur dioxide. You can find this information at:

- AirNow.gov
- air.utah.gov
- www.purpleair.org - this is an independent, citizen

operated air quality monitoring network built on a new generation of Laser particle counters. Purple Air Sensors use WiFi to report local air quality in real time. Thanks to Adrian Dybwad, UPHE friend and volunteer for taking on this massive initiative.

www.uphe.org www.facebook.com/utahphysiciansforhealthyenvironment
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