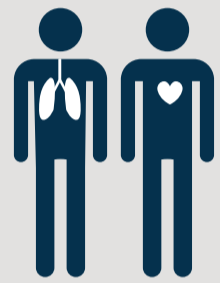


HEALTH EFFECTS OF AIR POLLUTION

RR RESILIENT RURALS



WHO IS MORE AFFECTED



PEOPLE WITH CHRONIC LUNG/HEART DISEASE, DIABETES



SENIORS



CHILDREN



PREGNANT WOMEN



PEOPLE WHO EXERCISE OUTDOORS

SHORT TERM EFFECTS



HEADACHE



NOSE, THROAT, EYES INFLAMMATION



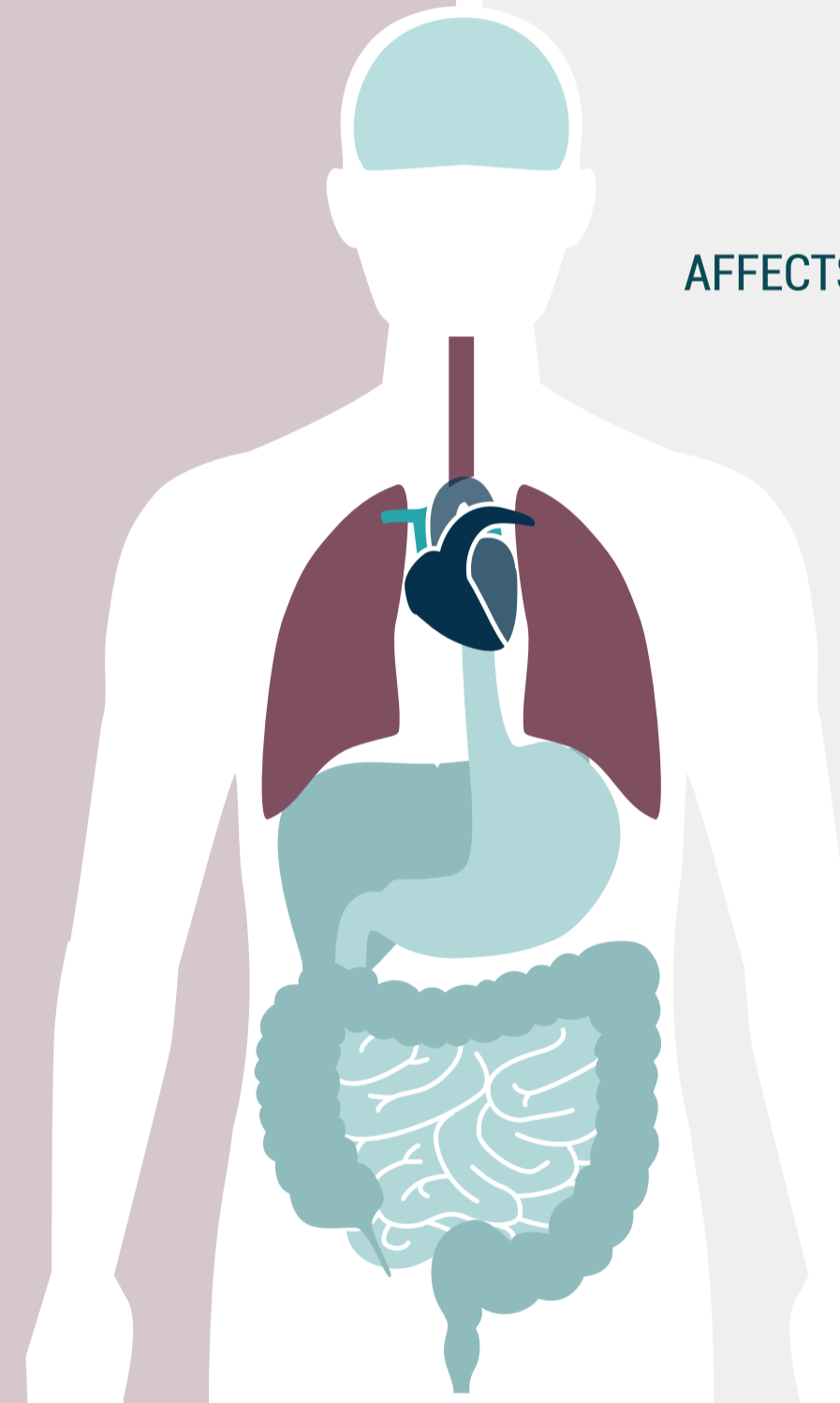
COUGHING, PAINFUL BREATHING



PNEUMONIA, BRONCHITIS



SKIN IRRITATION



LONG TERM EFFECTS



AFFECTS CENTRAL NERVOUS SYSTEM (HEADACHE, ANXIETY)



CARDIOVASCULAR DISEASES



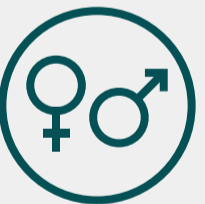
RESPIRATORY DISEASES (ASTHMA, CANCER)



IMPACTS ON LIVER, SPLEEN, BLOOD



IMPACTS ON REPRODUCTIVE SYSTEM



HOW TO PROTECT YOURSELF



CHECK AIR QUALITY INDEX IN YOUR AREA



USE A FACE MASK



KEEP WINDOWS AND DOORS CLOSED



AVOID CONGESTED AREAS