

What Do We Do?

At Puget Sound Clean Air Agency we work to protect public health, improve neighborhood air quality, and reduce our region's contribution to climate change. We work in King, Kitsap, Pierce and Snohomish counties, an area home to more than 3.8 million people.

Our engineers and inspectors review permit applications, inspect, and regulate businesses that produce air pollution.

We have special programs to educate all communities on the danger of asbestos, wood smoke and diesel emissions. Through our Diesel Solutions program, we build partnerships with local businesses and governments and help them adopt strategies and technologies that reduce diesel pollution.

Through our Western Washington Clean Cities initiative, we are tackling tailpipe pollution by helping local fleets switch to cleaner transportation fuels. Cleaner fuels=cleaner air. To learn more visit www.cleancities.org.

Our Agency also issues air quality burn bans. We have a team of scientists who analyze information from our neighborhood air monitors to make air quality assessments. For the south King County area, we use information obtained from the monitor within the community (at Pioneer Elementary).

Other Resources

- National Resource Defense Council: Air Pollution – Everything You Need to Know. www.nrdc.org/stories/air-pollution-everything-you-need-know
- US Centers for Disease Control & Prevention – Asthma. <https://www.cdc.gov/asthma/default.htm>
- Washington State Department of Health: Outdoor Air Pollution and Health Impacts. www.doh.wa.gov/CommunityandEnvironment/AirQuality/OutdoorAir
- US Environmental Protection Agency: Asthma and Outdoor Air Pollution. <https://www3.epa.gov/airnow/asthma-flyer.pdf>

Puget Sound Clean Air Agency, 1904 Third Ave, Ste #105 Seattle, WA 98101

Toll Free: 1-800-552-3536 www.pscleanair.org

Burn Ban Hotline: 1-800-595-4341

Air Quality Complaints: 1-800-552-3565 or www.pscleanair.org/complaints

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Understanding Your Air

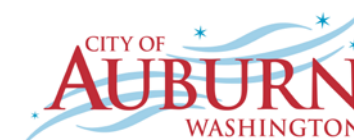



pscleanair.org
Puget Sound Clean Air Agency



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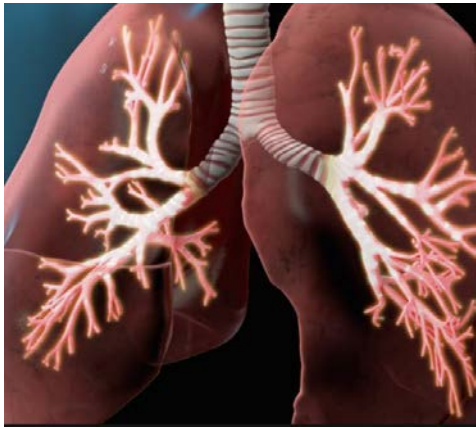

CITY OF
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Asthma

Asthma is one of the most common chronic conditions of children. In children with asthma, attacks can be triggered by fine particle pollution and ozone. Children are more susceptible because they play outside more than adults and take more breaths than adults. Rates of asthma are disproportionately higher among low-income families and people of color, according to the US Centers for Disease Control & Prevention (2012).



COPD

Chronic Obstructive Pulmonary Disease (COPD) is a lung disease that typically affects older adults and makes it hard to breathe. Cigarette smoking is the leading cause of COPD, though long-term exposure to irritants such as dust and air pollution may also contribute. Symptoms can get worse from exposure to air pollution.



Heart

When we inhale fine particles, our central nervous system elevates our heartbeat and increases blood pressure, which is a well-established risk factor for heart disease and stroke. Exposure to air pollution can also cause inflammation in the lungs and blood vessels around the heart. Over time, that inflammation can increase the risk of heart attacks, stroke and other issues.

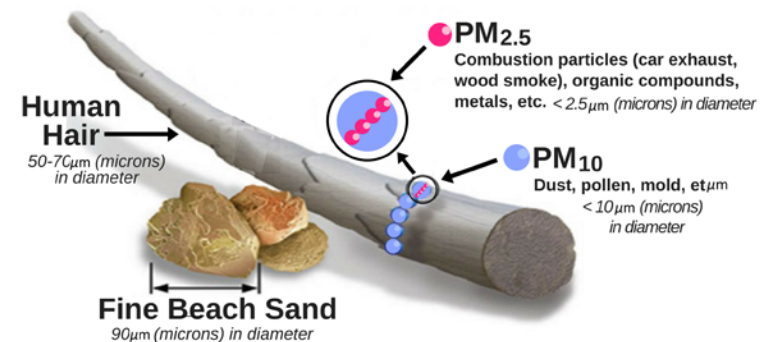
What is air pollution?

Air pollution refers to the release of pollutants into the air that are harmful to human health and the planet. The main sources of outdoor air pollution in Washington State are cars, trucks, diesel-powered equipment, and wood smoke from home heating. Industry and wildfires can also contribute to air pollution.

When we talk about pollution, we're often talking about fine particulate matter (PM), which refers to the size of the air pollution particles. Often called PM_{2.5}, these are small particles that can't be seen with your eyes but when breathed in can get stuck deep in the lungs and cause breathing and heart problems

Ozone is an air pollutant created when the hot sun 'cooks' air pollution from motor vehicles, industry, paints, solvents and gasoline fumes. Ozone is the main ingredient in smog and occurs mostly during the summer. Ozone irritates the eyes, nose, throat, and can cause issues in those with breathing problems and lung diseases.

Relative Size of Particulate Matter



Protecting Our Health and Our Air

1. Limit your own contribution to air pollution by driving less, insulating your home, not burning wood and taking an active role in advocating for clean air.
2. Avoid exposure to high levels of air pollution. Know what the current air quality is by checking real-time levels of air pollution in your area at our website: www.pscleanair.org
3. Speak with your health care provider if you experience worsening symptoms.