

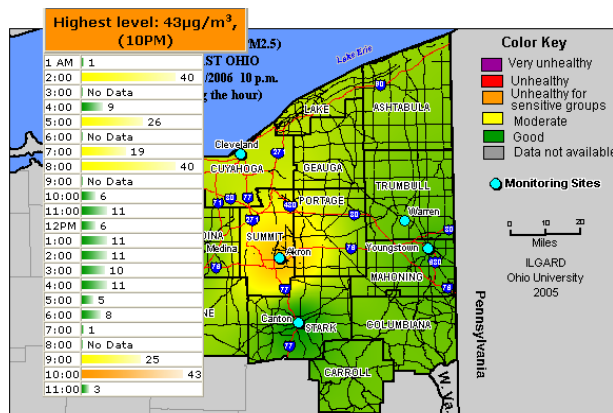
What Can You Do To Help?

- Avoid idling: Be idle-free – Turn off the key!
- Sign up on-line at www.noaca.org/fp3.html for email notifications for Fine Particle Pollution Advisories
- Inform your neighbors, friends and family when a Fine Particle Pollution Advisory has been issued.
- Ride the bus or take the train.
- RIDESHARE! Or carpool/vanpool (1-800-825-RIDE)
- Walk or bike whenever possible.
- Combine errands to eliminate wasted fuel and time.
- Compost leaves, twigs, and other yard waste instead of burning them.
- Avoid using leaf blowers and other dust-producing equipment.
- Avoid vigorous physical activity on days that have poor air quality.

Where Can I Check Current Conditions?

- Sign up on-line at www.noaca.org/fp3.html for email notifications for Fine Particle Pollution Advisories.
- For Cuyahoga County, call the Air Quality Index Line at:

Cleveland Division of Air Quality:
216-441-7474
- Listen to weather reports on television and radio.
- Contact NOACA at 216-241-2414.
- Visit www.noaca.org/fp3.html and check “Today’s Air Quality” where color maps are available showing real-time monitor readings.



NORTHEAST

OHIO

FINE

PARTICLE

POLLUTION

PROGRAM

WORKING

TOGETHER

FOR

CLEANER

AIR

Northeast Ohio Areawide
Coordination Agency

1299 Superior Avenue
Cleveland, OH 44114-3204
Phone: 1.216.241.2414
Fax: 1.216.621.3024
Web: www.noaca.org

What is Fine Particle Pollution?

Fine particle pollution (soot) consists of microscopic particles in the air that result from car and truck exhaust, industrial emissions, dirt, dust, smoke, road salt, water vapor, and many other sources.

Status of Air Quality in Northeast Ohio

Currently, Ashtabula, Cuyahoga, Lake, Lorain, Medina, Portage, and Summit counties do not meet the fine particle pollution health standards (National Ambient Air Quality Standards) of the federal Clean Air Act.

Health Effects of Fine Particle Pollution

The size of particles is directly linked to their potential for causing health problems. Small particles of 2.5 micrometers or less in diameter (PM_{2.5}) pose the greatest problems because they can bypass respiratory defenses and get imbedded deep into lung tissues, and some may even get into the bloodstream. Exposure to such particles can affect both lung and heart functions.

Numerous scientific studies have linked particle pollution exposure to a variety of problems including:

- increased respiratory symptoms - irritation of the airways, coughing, or difficulty breathing
- decreased lung function
- aggravated asthma
- development of chronic bronchitis

- irregular heartbeat
- nonfatal heart attacks
- increased hospital admissions for heart or lung disease
- premature death in people with heart or lung disease.

(Source: The Particle Pollution Report, United States Environmental Protection Agency, Dec. 2004, EPA 454-R-04-002)

Who Sets the Standards For Air Quality?

The United States Environmental Protection Agency has provided a guide to measure the levels of fine particle pollution in the air. A 24-hour average of 40 micrograms per cubic meter (40 µg/m³) for fine particles is "Unhealthy for Sensitive Groups" and a 24-hour average of 65 µg/m³ is "Unhealthy" for the entire population.

Fine Particle Air Quality Index

Pollutant Monitor Reading	Levels of Health Concern
When Monitor Readings are in this range:	...air quality conditions are:
0 to 15 ug/m3	Good
15 to 40 ug/m3	Moderate
40 to 65 ug/m3	Unhealthy for Sensitive Groups
65 to 150	Unhealthy
150 to 250	Very Unhealthy
Greater than 250	Hazardous

Fine Particle Pollution Program (FP3)

The FP3 Program will help to increase awareness of the possible health impacts of fine particle pollution.

NOACA, in partnership with the Ohio EPA, the City of Cleveland Division of Air Quality, the Akron Regional Air Quality Management District, the Akron Metropolitan Area Transportation Study, and the Lake County General Health District, will notify the public by a "Health Advisory" when levels are at risk of reaching the unhealthy range.

Because particle pollution is more localized than ozone, the Health Advisory will only cover the county in which the high monitor readings are occurring.

"Check Today's Air Quality"

Air pollution levels and monitor readings can be viewed at www.noaca.org/fp3.html.

Free Email Advisories

Sign up at www.noaca.org/fp3 to receive email notifications when fine particle pollution levels reach unhealthy ranges.