

Who is Affected by Particulate Matter ?

Studies conducted worldwide have shown a consistent, increased risk for cardiovascular events, including heart and stroke deaths, in relation to short- and long-term exposure to present-day concentrations of pollution, especially particulate matter.

PM_{2.5} is small soot-like particles that can go deep into the lungs.

High levels can contribute towards...

- Heart Attacks and Stroke
- Asthma Attacks
- Respiratory Disease

Using wood stoves may be dear to our heart but smoke from them hurts our hearts and lungs

Groups at Risk in Missoula County

- ◆ Children - 2,016 cases of pediatric asthma
- ◆ Asthmatics - 7,700 adult asthmatics
- ◆ Those with Heart Disease - 28,000
- ◆ Emphysema and Bronchitis - 4,023
- ◆ Diabetics - 5,984
- ◆ Elderly - 10,928
- ◆ Sensitive Individuals
- ◆ Smokers

— Source American Lung Association 2009

Possibly your loved ones, yourself, or your neighbors!



On days when PM_{2.5} is high more people are admitted to the hospital for respiratory and cardiovascular problems.

The health department is charged with protecting public health by keeping PM_{2.5} levels below the national standard of 35 micrograms per cubic meter for a daily average. Our three year running average is 35! The more days we have over 35 the more people are affected by PM_{2.5}.

PM_{2.5} is shown to contribute towards: * Bronchitis * Heart Attacks * Reduced Lung Function * Stroke * Asthma



How can you reduce your exposure?
During Air Quality Alerts and Warnings sensitive individuals should limit their vigorous activities.

How can you find out if current levels of PM_{2.5} are dangerous?

Call the Air Quality Hotline: 258-3600

Check online at www.co.missoula.mt.us/airquality