



THE UNIVERSITY OF UTAH

**GLOBAL CHANGE
& SUSTAINABILITY
CENTER**

Raising Air Quality Awareness for Older Adults

Exposure to air pollution can be a serious risk to older adults, especially those with lung disease. As people age, their bodies are less able to compensate for the adverse effects of air pollution. Particulates, such as $PM_{2.5}$, can aggravate COPD and asthma, resulting in hospitalization.

Here are 3 Tips to help reduce exposure to air pollutants:

1

Use the UtahAir App to check air quality

The UtahAir App can be freely downloaded for both android and iPhone users. The application houses the most up-to-date information and it displays air quality details from the nearest available sensor. Many other sources of air quality information only show county-wide data, while the UtahAir app is location specific for where you are in the valley. Check $PM_{2.5}$ levels in the winter and Ozone levels in the summer.

2

Check air quality data multiple times throughout the day

Air quality can change quickly. Levels in the morning may be different from levels in the afternoon. It is recommended that individuals check air quality levels at least twice a day: once in the morning and once in the afternoon.

3

Remember: The EPA AQI value is NOT the same thing as $PM_{2.5}$ concentrations

The higher the AQI value, the greater the level of air pollution and the greater the health concern. AQI *values* and reported $PM_{2.5}$ *concentrations* are not directly relatable The UtahAir app reports values in $\mu g/m^3$, this is **NOT** the same as the AQI index.

AQI	$PM_{2.5}$ ($\mu g/m^3$)	Activity Recommendation
Below 50	Below 12.0	All individuals outdoors
Between 51 and 100	Between 12.0 and 35.4	All individuals outdoors
Between 101 and 150	Between 35.5 and 55.4	Individuals with respiratory symptoms or sensitivities stay indoors
Above 150	Above 55.5	All individuals stay indoors

For More information:

Utah Division of Air Quality
air.utah.gov

Utah Department of Health Asthma Program
health.utah.gov/asthma/airquality/recess.html



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