

How Does Air Pollution Affect Seniors?

Asthma, respiratory illnesses, and heart conditions are aggravated by pollutants in the air.

- Ozone is a primary ingredient in smog. Ozone irritates the respiratory system, reduces lung function, can make asthma symptoms worse, and can inflame and damage the lining of the lungs.
- Particulate matter such as fine, metal, soot, smoke, and dust particles can lodge in the deepest and most sensitive areas of the lung, and can aggravate many respiratory illnesses. High levels of particulate pollution have also been associated with a higher incidence of heart problems, including heart attacks.



When am I most at risk?

- During poor air quality days
- Near a wildfire
- Sometimes indoors

Protecting Our Air

The Santa Barbara County Air Pollution Control District (District) is a local government agency that works to protect the people and the environment of Santa Barbara County from harmful effects of air pollution.

We are an independent special district, responsible for controlling air pollution from business and industry sources (we do not regulate motor vehicles). Our jurisdiction covers the entire County including the incorporated cities of Buellton, Carpinteria, Goleta, Guadalupe, Lompoc, Santa Barbara, Santa Maria, and Solvang.

Visit www.OurAir.org

- View Today's Air Quality
- Find out about funding programs
- Subscribe to our newsletter, and to Air Quality Advisories
- Access permitting and compliance info
- Find out what you can do for cleaner air

Phone Numbers

Main Number	961-8800
<i>(general information and complaints)</i>	
Public Information & Media	961-8833
Business Assistance	961-8868
Recorded Information	961-8802
<i>(today's air quality in English and Spanish, general information, breakdown reporting)</i>	
Clerk of the Board	961-8853



Santa Barbara County
Air Pollution Control District
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(805) 961-8800

www.OurAir.org



About Our Air

Air Pollution and Health for Seniors



Santa Barbara County
Air Pollution Control District

www.OurAir.org





10 things you can do to help protect our air

1. Use less electricity.
2. Drive less, combine car trips, keep your car tuned and your tire pressure up.
3. Don't top off your tank at the gas station.
4. Use less toxic household products.
5. Shop local.
6. Shop sustainable.
7. Convert a wood fireplace to natural gas.
8. Reduce, reuse and recycle.
9. Use an electric mower or push mower instead of a gas-powered mower, use a broom instead of a leaf blower.
10. Learn more and share what you learn.



If you live within a retirement community

Find out how protected you are from indoor and outdoor air pollution:

- Are the air filters in your heating and cooling systems changed as often as the manufacturer recommends?
- Does the maintenance staff properly use cleaning products?
- Are your gas and combustion appliances properly ventilated?
- Are carbon monoxide monitors installed?
- Does your landscaping service use electric leaf blowers and lawnmowers instead of gas-powered equipment? (*Make sure leaf blowers are not used during or soon after a wildfire.*)

How to protect yourself from harmful air pollution

Outdoor Air Quality

Watch for air quality advisories. Poor air quality generally occurs during hot, stagnant weather, high winds, or smoky conditions. Check our website, www.OurAir.org, or sign up to be notified by email, fax, or text message to your cell phone.

When there is an air quality advisory, reschedule outdoor recreational activities and stay indoors as much as possible, especially if you have lung conditions such as asthma or bronchitis, or heart conditions.

Wildfire

During a wildfire or other smoky conditions, stay indoors, especially if you have heart or lung conditions. We recommend you consult with your doctor before wearing a mask. Only the right kind of mask worn properly will be effective.

Even after the fire has been put out, winds can carry ash, soot, and other pollutants. Pay attention to air quality advisories after a fire to learn if the air is safe.

Indoor Air Quality

Common household products, appliances, furniture, and building materials emit gases or release particles that can become trapped indoors. Many of these pollutants are harmful to health. To improve your indoor air quality:

- *Reduce sources of air pollutants.* Don't smoke indoors, keep the room free of dust and pet dander, and use safe cleaning products.
- *Ventilate.* Open windows and doors to allow air to circulate when the air outside is clean.
- *Filter.* Remove pollutants with an appropriate air cleaner. However, you should **never use an indoor air cleaner that generates ozone**. Select a mechanical air cleaner with a fiber or fabric filter. High Efficiency Particulate Air (HEPA) filters are the most effective. Filters should be tightly sealed in their containers and cleaned or replaced regularly.
- *Install a carbon monoxide monitor.*
- *Maintain your fireplace.* Have your chimney cleaned regularly and never burn charcoal, coal, holiday greens, trash, or colored paper.