

## Protecting Yourself from Air Pollution



## Indoor Air Quality

### How does indoor air quality impact your health?

Poor indoor air quality can cause or contribute to the development of respiratory infections, lung cancer and chronic lung diseases such as COPD and asthma. People who already have lung disease are at greater risk. Find out [what makes air unhealthy](#) and how pollution can hurt your body.

### How can you make your indoor air quality better?

Make healthy air in your home your goal. How? Find information about important tips for [healthy indoor air](#). Use this [DIY Healthy Home Check-Up](#) to help make your home a healthier place to live.

## Outdoor Air Quality

### Why should you pay attention to the air quality index?

Air pollution can harm anyone, but it can be really dangerous for people with chronic obstructive pulmonary disease, asthma and other chronic conditions. Many things can make [outdoor air unhealthy](#). Changing what you do on these bad air days can reduce your risk of being harmed.

### How do you find air quality information?

Check your local radio and TV weather reports, newspapers and [Airnow.gov](#) for daily air pollution forecasts in your area.

### What can you do to protect yourself and your family?

If the air quality in your area is bad, you may need to adjust your plans for the day. Check out these [10 Tips to Protect Yourself](#) from unhealthy air.

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For more information, contact  
**1-800-LUNGUSA | Lung.org**