

## KNOW THE AIR & ADJUST ACTIVITIES ACCORDINGLY

To protect yourself & your family, it is helpful to know what the air pollution levels are near you and then adjust your activities as needed. Government agencies maintain a monitoring network across the San Joaquin Valley for both fine particle pollution (PM2.5) and ozone (smog). Sign up for text alerts from the Valley Air District at [www.valleyair.org/myraan/](http://www.valleyair.org/myraan/)

### Outdoor Activity Guidelines

ROAR Level	Guidelines
<b>LEVEL 1</b>	Outdoor activity OK for all
<b>LEVEL 2</b>	Sensitive individuals should consider reducing prolonged and/or vigorous outdoor activities.
<b>LEVEL 3</b>	Sensitive individuals should exercise indoors or avoid vigorous activities.
<b>LEVEL 4</b>	Sensitive individuals should exercise indoors. Everyone should avoid prolonged or vigorous outdoor activities.
<b>LEVEL 5</b>	Everyone should avoid outdoor activity.

**“Sensitive Individuals” describes children under 18 years old, those over 65, those with heart and lung conditions, those that work outdoors, and pregnant women.**

**TIP:** You can also visit <https://SJVAir.com> for additional air monitoring information. This site will show you more data than what our Air District reports through community placed monitors.

## IF POSSIBLE

Portable air cleaners can be used in a room when continuous and localized air cleaning is needed. Investing in or making a device may be a solution, particularly during extreme air pollution events like wildfires, or if your home does not have filtered central air.

**HEPA is Best for Particle Pollution:** (Winter-time pollution & wildfire smoke): Any filter that is of HEPA quality will capture the fine particles. Filters must be changed regularly.

**Activated Carbon is Good for Ozone:** (Summer-time Pollution): Filters with an activated carbon layer can remove 60-70% of indoor ozone pollution. Avoid “ionizers,” which can create ozone, irritate airways and exacerbate breathing-related problems.

### HOW TO BUILD YOUR OWN FILTERED FAN



#### Tools:

1. 20" Box Fan
- Tip:** The best styles are square or rectangular shaped with a flat

back.

**2.** Merv 12 or 13 filter, available at your local home and garden store. Filters need to be the same size or slightly larger than the back of the fan.

**3.** Duct tape

**4.** Scissors

The filter is taped to the back of the fan which draws the air through the filter and blows it into the room. (PC: Fresno Bee)



## PROTECT YOURSELF

WAYS TO PROTECT YOURSELF AND YOUR FAMILY FROM AIR POLLUTION

**Central Valley Air Quality Coalition  
(CVAQ)**

(559) 960-0361

[www.calcleanair.org](http://www.calcleanair.org)  
[info@calcleanair.org](mailto:info@calcleanair.org)

## ON DAYS OF BAD AIR:

### STAY INDOORS

Do not exert yourself outside. Keep children and sensitive individuals inside as much as possible.



### IF YOU MUST GO OUTSIDE, PROTECT YOURSELF

A cotton handkerchief blocks about 30% of particles. A surgical mask blocks about 80%. **Most effective are N95 masks** that block around 98-99% of particles. You can find the N95 masks at a hardware store or buy in bulk.

**TIP:** Taking the mask on and off will trap the particles in your mask. To avoid breathing in the particles, be sure to place the mask on while inside and keep it on while outside,



## ON A REGULAR BASIS

### CHECK & REPLACE HVAC FILTERS



If you have central air, the system has an air filter that should be changed every few months (especially before the winter PM season, and after wildfire smoke and other high-pollution events). To capture the very fine particulates you'll need a filter with a

rating of at least **MERV 11**.

Filters can be found online or at local stores. Make sure you buy the right size for your system.

### CHECK & POTENTIALLY REPLACE YOUR CAR'S AIR FILTER

To maintain your car or truck's air filtration, replace your filters regularly. The location and recommended filter type can be found in the owner's manual or online. Most filters are available at auto parts stores or through your mechanic.

**TIP:** Use the internal circulation setting in your car when driving on the highway or on bad air days.



## ALWAYS

### DO NOT BURN WOOD



Not burning is one thing you can do to protect the air you and your neighbors breathe. One in five people in the San Joaquin Valley have asthma and one in four have high blood pressure. Wood smoke could trigger an asthma attack or stroke in someone on your street!

### REPORT VIOLATIONS

When the air is bad NO ONE should be burning. Report residential or agricultural burning here: [www.valleyair.org/busind/comply/complaint.htm](http://www.valleyair.org/busind/comply/complaint.htm)

If you live in *Fresno, Kern, or Kings County* you can report violations to your local Environmental Justice Reporting and Monitoring Network at <https://ivanonline.org/>

For violations relating to interstate transportation, such as trains, planes, and ships reports can be made Through the Cal EPA Environmental Complaint System at: <https://calepacomplaints.secure.force.com/complaints/>