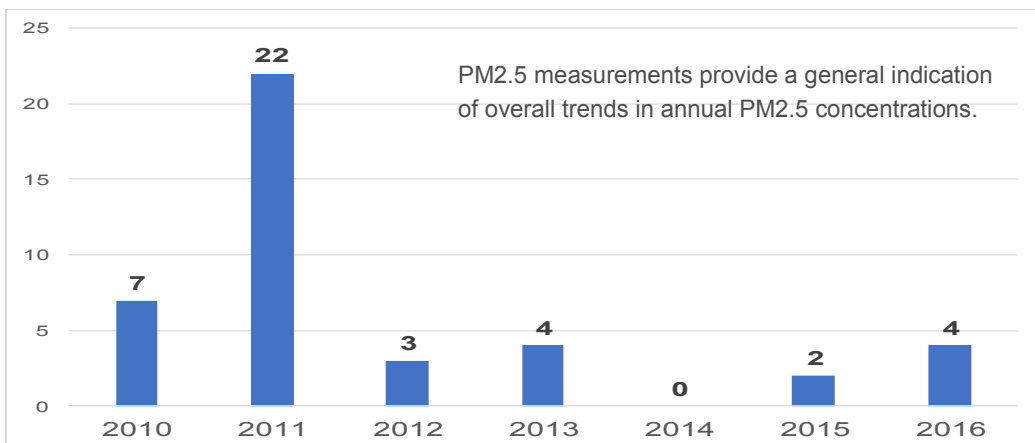


AIR QUALITY IMPACTS OUR HEALTH

Number of Days in New Mexico with 2.5 micron Particulate (PM_{2.5}) Pollution Causing Air Unhealthy for Sensitive Groups*



* young children, adults over age 65, pregnant women, and people with heart and/or lung disease, asthma or other respiratory illness. 2011—Increase was due to the Wallow, Las Conchas, and Pacheco wildfires.

The U.S. Environmental Protection Agency uses particulate matter (or particulate matter pollution) as the term for a mixture of solid particles and liquid droplets found in the air. Sources of particulate matter include dust, smoke, pollen, animal dander, tobacco smoke, particles generated from combustion products (such as wood and oil for heating), chemical emissions from cleaning and maintenance products, furnishings, building materials, floor coverings. Particulate matter can also be generated by tiny organisms such as dust mites, molds, bacteria, and viruses.

Everyone can Adopt Healthy Living Indoor Air Quality Tips:

- ◇ follow a no-shoes-in-house-policy, test for indoor radon, install and maintain a smoke detector & carbon monoxide detector, have chimneys and fuel burning appliances inspected, promote adequate ventilation, have furnace and other gas appliances inspected and serviced yearly, adopt a smoke-free policy in your home, workplace, and car, use appropriate air filters/cleaners.

What is the fine particulate matter (PM_{2.5})?

Fine particulate matter (PM_{2.5}) is an air pollutant 1/30th the average width of a human hair. The small size of these particles make them more harmful as they can enter the lungs and circulatory system and remain in the body for long periods. When the level of this pollutant is high, it is a concern due to its impact on human health and mortality. Exposure to PM_{2.5} over a few hours to weeks can trigger cardiovascular disease-related mortality and non-fatal events. Particulate matter exposure is a modifiable risk factor.