

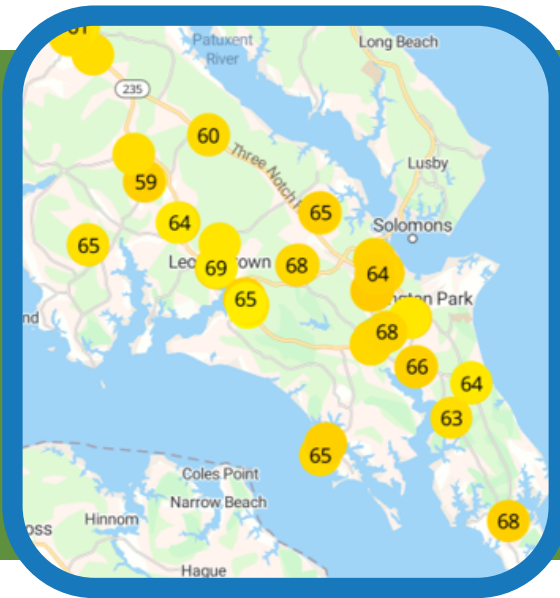
BREATHE WELL ST. MARY'S



A St. Mary's County Equity Taskforce Initiative

BreatheWell St. Mary's is a comprehensive air quality monitoring and health education initiative for St. Mary's County. Through this initiative, outdoor air sensors have been installed across the county that will measure particulate matter, ozone, nitrogen dioxide and other elements that may contribute to poor air quality and respiratory illnesses.

SMCHD.ORG/BREATHWELL



75+ sensors across the county measuring PM 2.5

What is PM 2.5?

- PM 2.5 is fine particulate matter, an air pollutant that reduces visibility and is a concern for individual health

Where does PM 2.5 come from?

- Vehicle emissions, fireplaces, gas stoves, tobacco smoke, furnaces, and more can output PM 2.5

Who is at highest risk?

- Children, seniors, and people with existing lung and heart conditions are at highest risk

	US AQI Level	PM2.5 (µg/m ³)	Health Recommendation (for 24 hour exposure)
	Good 0-50	0-12.0	Air quality is satisfactory and poses little or no risk.
	Moderate 51-100	12.1-35.4	Sensitive individuals should avoid outdoor activity as they may experience respiratory symptoms.
	Unhealthy for Sensitive Groups 101-150	35.5-55.4	General public and sensitive individuals in particular are at risk to experience irritation and respiratory problems.
	Unhealthy 151-200	55.5-150.4	Increased likelihood of adverse effects and aggravation to the heart and lungs among general public.
	Very Unhealthy 201-300	150.5-250.4	General public will be noticeably affected. Sensitive groups should restrict outdoor activities.
	Hazardous 301+	250.5+	General public at high risk of experiencing strong irritations and adverse health effects. Should avoid outdoor activities.

INTERACTIVE MAPS, AIR QUALITY INDEX, & RESOURCES AVAILABLE ONLINE



SCAN ME