



A MINUTE OF HEALTH WITH CDC

Avoiding Dirty Air

Air Quality Awareness Week and Asthma Awareness Month --- United States, 2014

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

As summertime approaches and warmer weather moves in, air pollution becomes an increasing problem across the U.S. People with asthma, a condition affecting 1 in 12 Americans, are especially impacted by deteriorating air quality. Pollution can inflame the lungs, cause respiratory distress, and result in permanent lung damage. Each day, the Environmental Protection Agency produces an Air Quality Index for more than 400 U.S. cities. If you have asthma and other respiratory or heart conditions, check the air quality in your area to plan exercise and other outdoor activities. Thank you for joining us on a Minute of Health with CDC.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.