

## POLLEN & ALLERGIES

Exposure to allergens and air pollutants at the same time can cause more severe allergic reactions.

People with existing pollen allergies are at an increased risk for acute respiratory effects.

Effects include eye, nose, throat, and lung irritation.



## AIR QUALITY



Climate change impacts the air we breathe, both indoors and outdoors. The changing climate has modified weather patterns, which then influence the levels and location of outdoor air pollutants such as ground-level ozone and fine-particulate matter.

Increasing carbon dioxide (CO2) levels and longer, warmer seasons also promote the growth of plants that release pollen. These changes to outdoor air quality also affect indoor air quality because pollutants and allergens get into homes, schools, and other buildings through vents, open windows, or other air-handling systems. Poor air quality, either outdoor or indoor, can negatively affect the human respiratory and cardiovascular systems.

## AT-RISK POPULATIONS

Anyone who works or plays outdoors, such as athletes, hikers, gardeners, and landscapers.

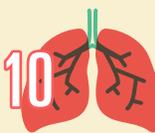
Anyone with medical conditions like hypertension (high blood pressure), COPD, or asthma

Anyone with heart or lung disease

Elderly

Children

## DATA

1 IN 10 

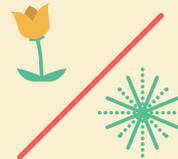
One in 10 Rhode Islanders has asthma.



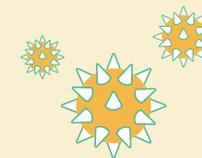
Smoke from more and larger wildfires, even in other parts of the country, impacts local air quality.



American Lung Association air quality rating for Rhode Island.



The onset of spring bloom is occurring earlier, and the first frost is occurring later.



An extended growing season means longer periods of exposure to pollen and mold.



Increased exposure to allergens and air pollutants can cause more severe allergic reactions.



## DATA

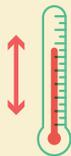
**40%**  
MORE LIKELY



Low-income adults in Rhode Island are 40% more likely than other adults to have asthma.



Ground-level ozone can lead to reduced lung function, more hospital visits and admissions for asthma, and premature deaths. Ground-level ozone (a key component of smog) is associated with a variety of health risks.



Changes in temperature and/or precipitation can lead to an increase of acute and chronic respiratory conditions.



## RESPIRATORY ILLNESSES

Ground-level ozone is associated with many health problems, including diminished lung function, emphysema, and COPD, as well as increased hospital admissions and emergency department visits for asthma.

Air pollution is responsible for 200,000 premature deaths each year.

**Rhode Island asthma rates are 33% higher than national averages for adults and 40% higher for children.**

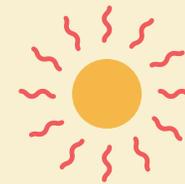


## WHAT YOU CAN DO



### TRANSPORTATION

Bike, walk, use public transportation, or car pool to help reduce air pollution and use less gas.



### RENEWABLE ENERGY

Use renewable energy, like solar and wind, and take advantage of free energy audits.



### AIR QUALITY

Improve your home's indoor air quality by using non-toxic cleaners and having house plants.



### LIMIT ACTIVITY

Limit physical activity on high-pollen-count days.



### AVOID

Avoid using lawnmowers and charcoal grills on days with poor air quality.



### STAY UPDATED

Be aware of Rhode Island's Ozone Alert and see air quality levels at [airnow.gov](http://airnow.gov).