



AIR QUALITY IN SCHOOLS



BREATHING KEEPS YOU ALIVE, BUT DIRTY AIR CAN ALSO HARM YOUR HEALTH



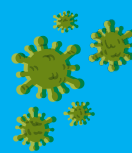
Heart stress

Lung damage



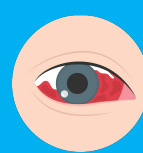
Asthma

Poor brain function



Virus exposure

Eye irritation



Shorter life

CLEAN AIR=HEALTH AND SUCCESS!



Stronger brains! Faster thinking, better memory and focus

Better health, safer air for people with asthma and other diseases



More comfortable environment

Fresh air = less odor



Happier teachers and students = higher graduation rate, better teacher retention

Fewer germs in the air, less sickness, lower chance of outbreaks



THINGS TO BEWARE IN OUR AIR



Smoke: wildfires, cigarettes, etc.

Ground level ozone



Allergens, like pollen

Particulate pollution



Carbon monoxide, sulfur dioxide and build-up of carbon dioxide in indoor settings

Lead, such as from plane fuel



Airborne germs, like the flu, RSV, COVID, chickenpox and others

THINGS YOU CAN DO FOR CLEANER AIR

Fresh air is usually the best air! **Open windows and doors.**

If there are **active air threats** outside, such as wildfire, **do NOT** open the windows.



Follow the QR code for instructions to build your own portable air filter, such as the Corsi-Rosenthal model.