

Clear the Air!

PROTECT YOUR HEALTH FROM BAD AIR

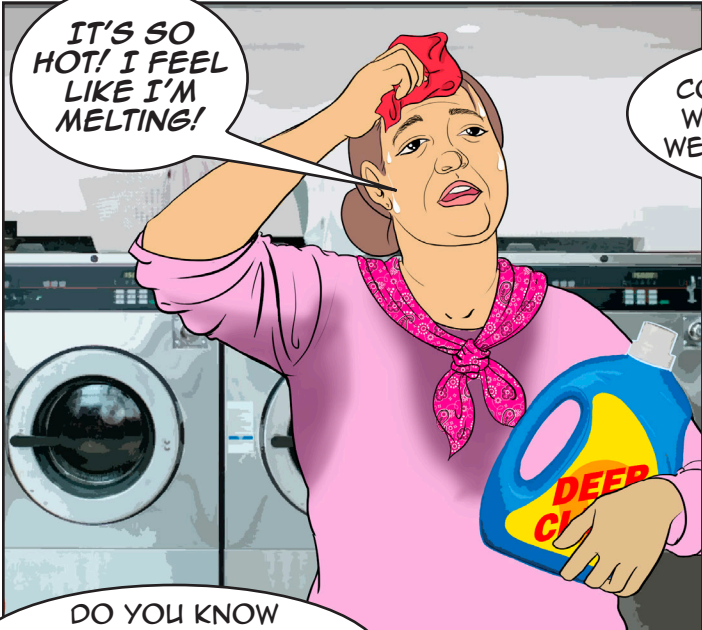


MIGRANT CLINICIANS NETWORK



ON THEIR DAY OFF, FOLKS ARE COMING TO THE LAUNDROMAT.

LAUNDROMAT



IT'S SO HOT! I FEEL LIKE I'M MELTING!

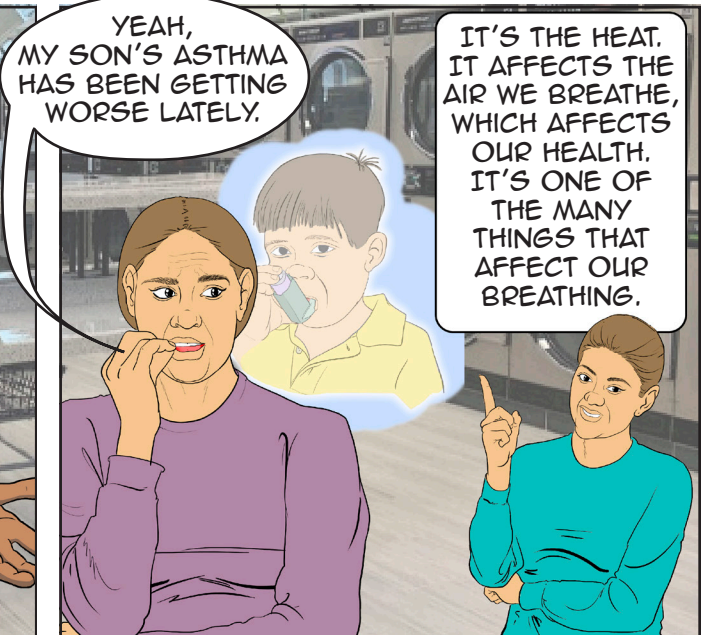


AND WE HAVE AIR CONDITIONING IN HERE! WHEN WE'RE AT WORK, WE CAN'T EVEN BREATHE!



DO YOU KNOW WHY WE FEEL LIKE WE CAN'T BREATHE WHEN IT'S HOT OUT?

WHY? TELL US WHAT'S GOING ON PAULITA.

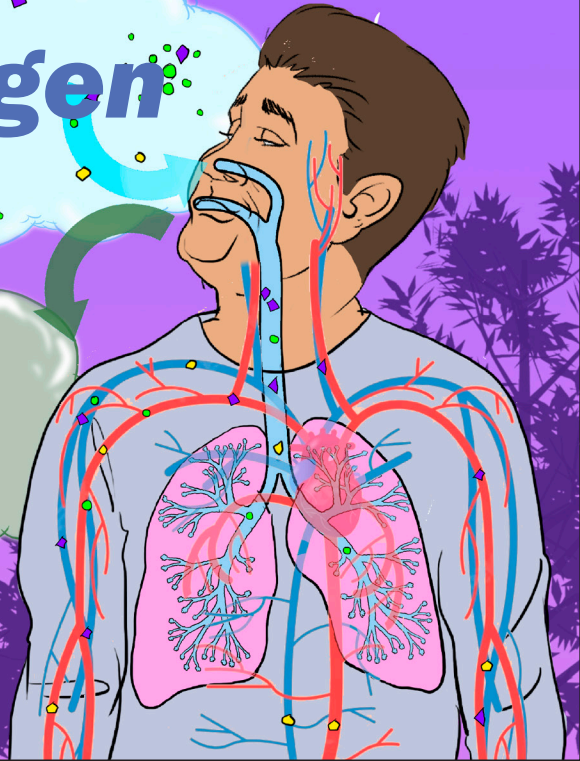


YEAH, MY SON'S ASTHMA HAS BEEN GETTING WORSE LATELY.

IT'S THE HEAT. IT AFFECTS THE AIR WE BREATHE, WHICH AFFECTS OUR HEALTH. IT'S ONE OF THE MANY THINGS THAT AFFECT OUR BREATHING.

TO HAVE A BETTER IDEA OF WHAT'S GOING ON, LET'S FIRST TAKE A LOOK AT WHAT HAPPENS IN OUR BODIES WITH THE AIR THAT WE BREATHE IN.

WE TAKE OXYGEN INTO OUR LUNGS FROM THE AIR AROUND US AND THEN IT CROSSES FROM THE LUNGS INTO OUR BLOOD STREAM AND TRAVELS AROUND OUR ENTIRE BODY. WHEN WE BREATHE OUT, THE LUNGS REMOVE UNWANTED GASES.



THERE ARE CHEMICALS, DUST AND VERY SMALL PARTICLES FLOATING AROUND IN THE AIR WE BREATHE. THESE PARTICLES CAN ENTER THROUGH OUR NOSE AND MOUTH AND GET INTO OUR LUNGS.

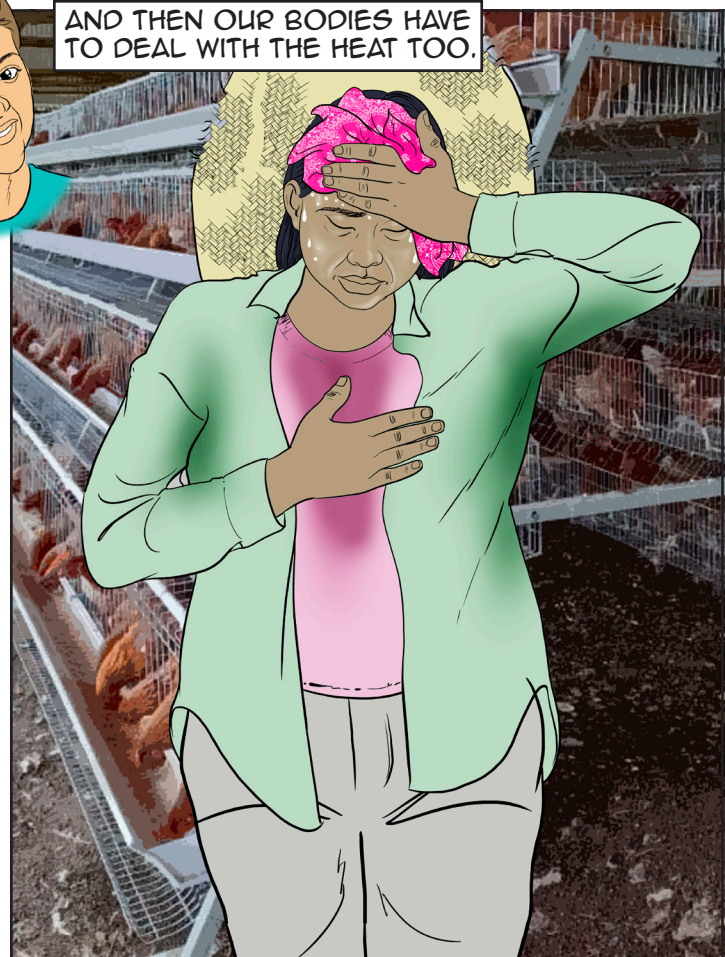
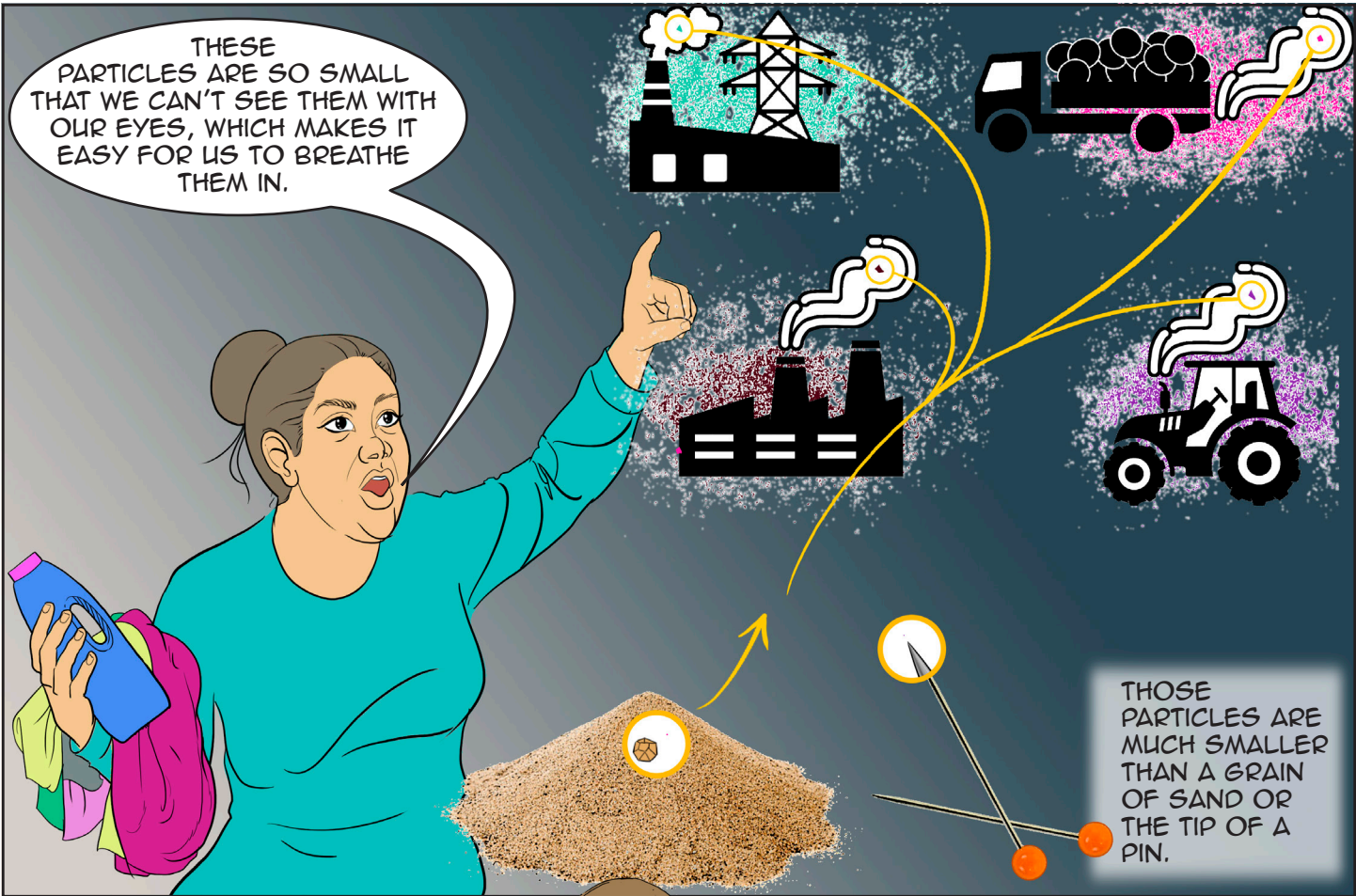
CHEMICALS

DUST

PARTICLES SO SMALL WE CAN'T SEE THEM WITH OUR EYES

VIRUSES AND BACTERIA THAT CAUSE SICKNESS





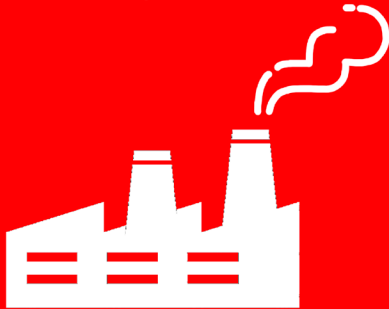
Particulate matter or PM 2.5

Where does it come from?

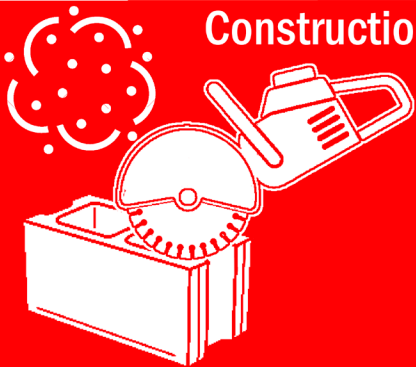
Emissions of cars and trucks



Industry



Construction



Wildfires



How can it affect my health?

Lungs cannot work as well



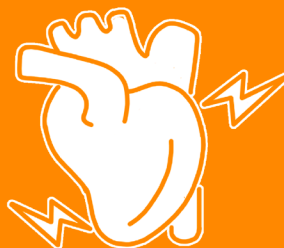
Asthma attacks and bronchitis



Irregular heartbeats



Heart attacks



Worsens existing health conditions



Prevention strategies

Review the local air quality if the levels are high:

If you have to work, wear an N95 or KN95. If you can, stay inside



Do not leave the car running when you're not in it



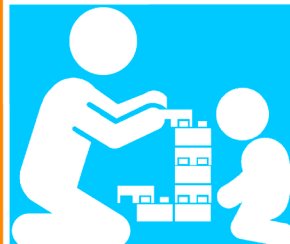
Avoid doing activities where there are lots of cars or other sources of emissions



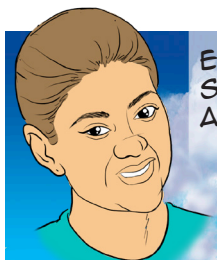
Follow the recommendations related to open burns



Consider indoor activities

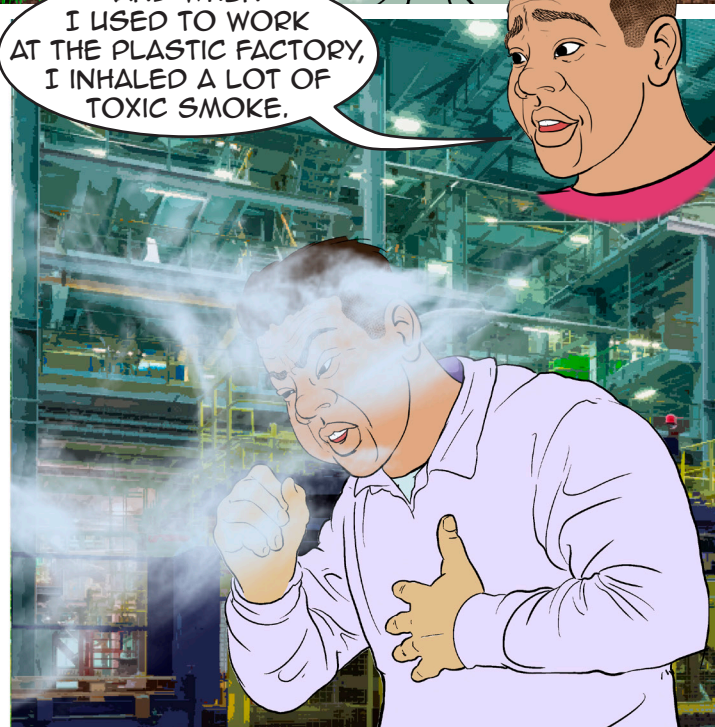


EXPOSURES AT WORK CAN ALSO AFFECT US. OLD EQUIPMENT, SUCH AS TRACTORS, LOAD TRUCKS, AND SCHOOL BUSES THAT ARE USED TO CARRY CROPS POLLUTE THE AIR WE BREATHE.



WHEN I WORKED IN CALIFORNIA, I BREATHED IN THE SMOKE FROM THE WILDFIRES, AND IT MADE ME FEEL SICK.

AND WHEN I USED TO WORK AT THE PLASTIC FACTORY, I INHALED A LOT OF TOXIC SMOKE.



THE TEMPERATURE HAS INCREASED IN THE LAST SEVERAL DECADES AND WILL CONTINUE TO RISE DUE TO CLIMATE CHANGE.





EACH YEAR THERE ARE MORE NATURAL DISASTERS, WILDFIRES, DROUGHTS, ETC.



IT IS IMPORTANT TO KNOW WHAT THE AIR QUALITY INDEX IS AND HOW TO REVIEW IT, SO THAT WHEN THE AIR QUALITY IS ANNOUNCED IN THE NEWS, WE KNOW WHAT IT MEANS AND HOW TO PROTECT OURSELVES.

THE SMOKE FROM WILDFIRES IS A MIXTURE OF GAS AND SMALL PARTICLES WITH ASH.

Air quality index

301-500	Hazardous
201-300	Very unhealthy
151-200	Unhealthy
101-150	Unhealthy for sensitive groups
51-100	Moderate
0-50	Good



WHEN THE AIR QUALITY INDEX IS VERY UNHEALTHY OR HAZARDOUS, WE MUST USE AN N95 RESPIRATOR TO PROTECT OURSELVES.

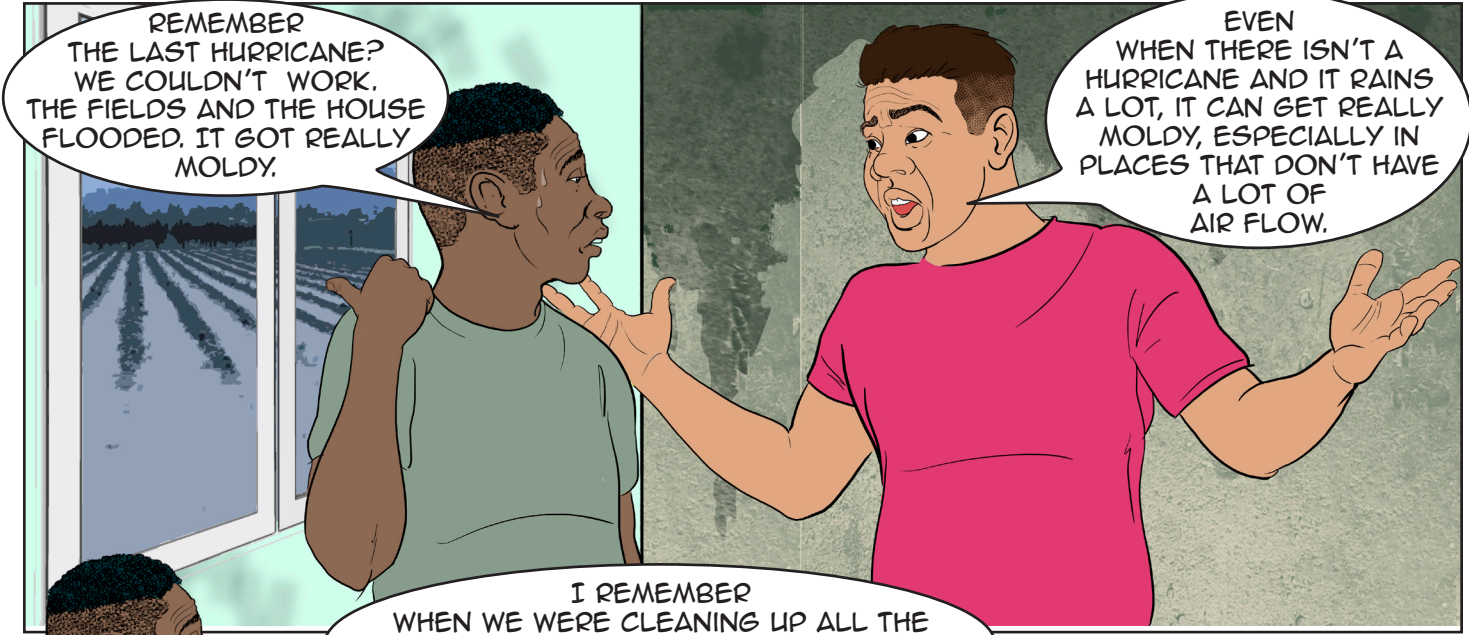
HOW TO WEAR THE N95 RESPIRATOR



- 1 PULL THE LOWER STRAP FROM THE TOP TO THE LOWER BACK OF THE HEAD, PLACING THE STRAP UNDER THE EARS.
- 2 PULL THE UPPER STRAP OVER YOUR HEAD TO THE UPPER BACK OF THE HEAD, PLACING THE STRAP ON TOP OF THE EARS.
- 3 SQUEEZE GENTLY THE METAL PIECE THAT GOES ON TOP OF THE NOSE BRIDGE.
- 4 CHECK THE FIT TO MAKE SURE NO AIR LEAKS BY PLACING BOTH HANDS GENTLY OVER THE RESPIRATOR AND INHALING AND EXHALING. THE RESPIRATOR SHOULD COLLAPSE SLIGHTLY WHEN APPROPRIATELY FITTED. IF IT DOESN'T, ADJUST THE STRAPS AND NOSE PIECE SO THAT THE RESPIRATOR CREATES A SEAL WITH YOUR SKIN.

BUT THE CHANGES IN THE CLIMATE ARE NOT ONLY AFFECTING THE AIR WE BREATHE OUTSIDE. WE ALSO NEED TO THINK ABOUT THE AIR WE BREATHE INSIDE...





REMEMBER THE LAST HURRICANE? WE COULDN'T WORK. THE FIELDS AND THE HOUSE FLOODED. IT GOT REALLY MOLDY.

EVEN WHEN THERE ISN'T A HURRICANE AND IT RAINS A LOT, IT CAN GET REALLY MOLDY, ESPECIALLY IN PLACES THAT DON'T HAVE A LOT OF AIR FLOW.

I REMEMBER WHEN WE WERE CLEANING UP ALL THE DEBRIS AND IT WAS REALLY DUSTY. IT MADE IT SO HARD TO BREATHE.



IT WAS VERY HARD TO BREATHE WHEN WE WERE TEARING THINGS DOWN. THE DUST FROM THE DEMOLITION AND DEBRIS AND THE MOLD MADE IT HARD AND IT WAS SO HOT.

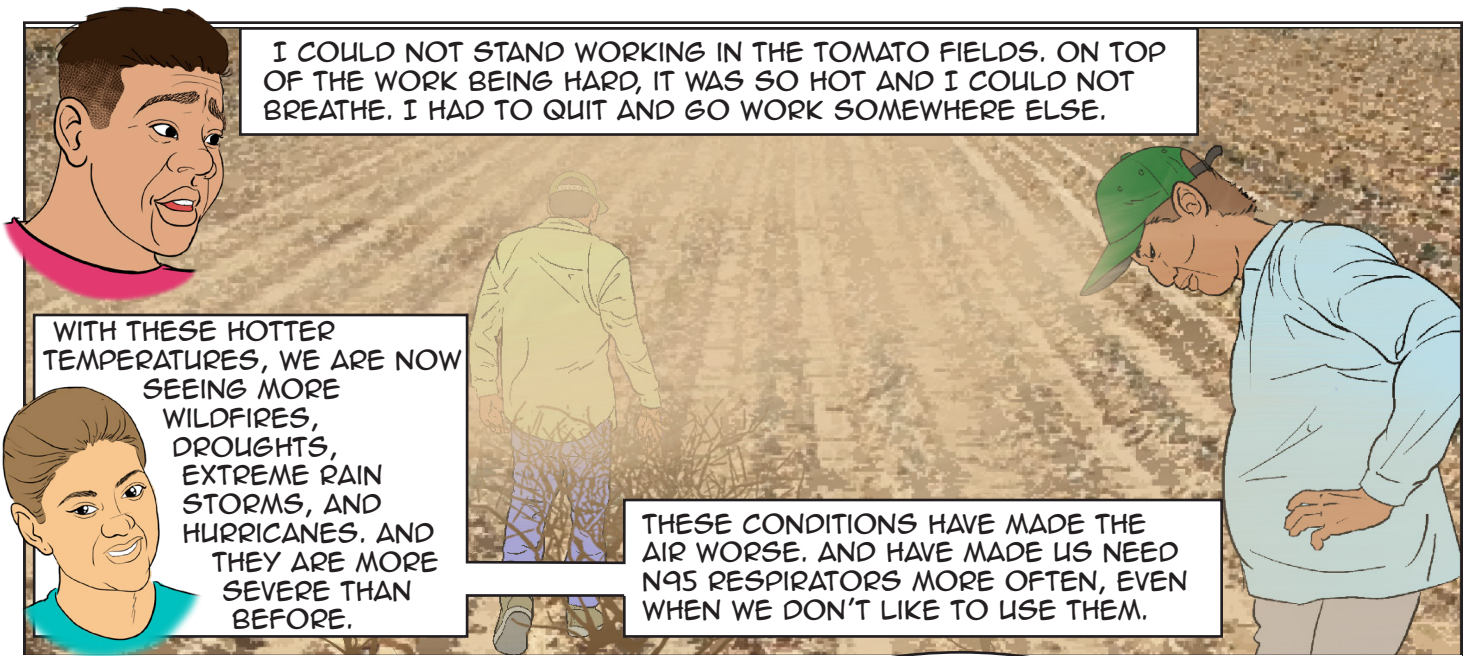
WHEN WORKING IN MOLDY AREAS, YOU CAN USE A KN95 OR N95 RESPIRATOR TO PROTECT YOURSELF.

IF YOU ARE USING CHEMICALS TO REMOVE THE MOLD, MORE PROTECTION IS NEEDED. YOU WILL NEED A RESPIRATOR, GOGGLES, GLOVES, AND PROTECTIVE CLOTHING. IT IS IMPORTANT TO FOLLOW THE INSTRUCTIONS ON THE LABEL OF THE CHEMICAL YOU ARE USING.

INSTRUCCIONES PELIGRO VENENO

¡Este producto debe usarse con precaución. Evite el contacto con la piel, los ojos y la ropa. Mantenga el envase bien cerrado y fuera del alcance de los niños. No fumar, beber o comer durante el uso. Lave las manos con agua y jabón después de usarlo. Consulte las instrucciones de seguridad en la etiqueta.

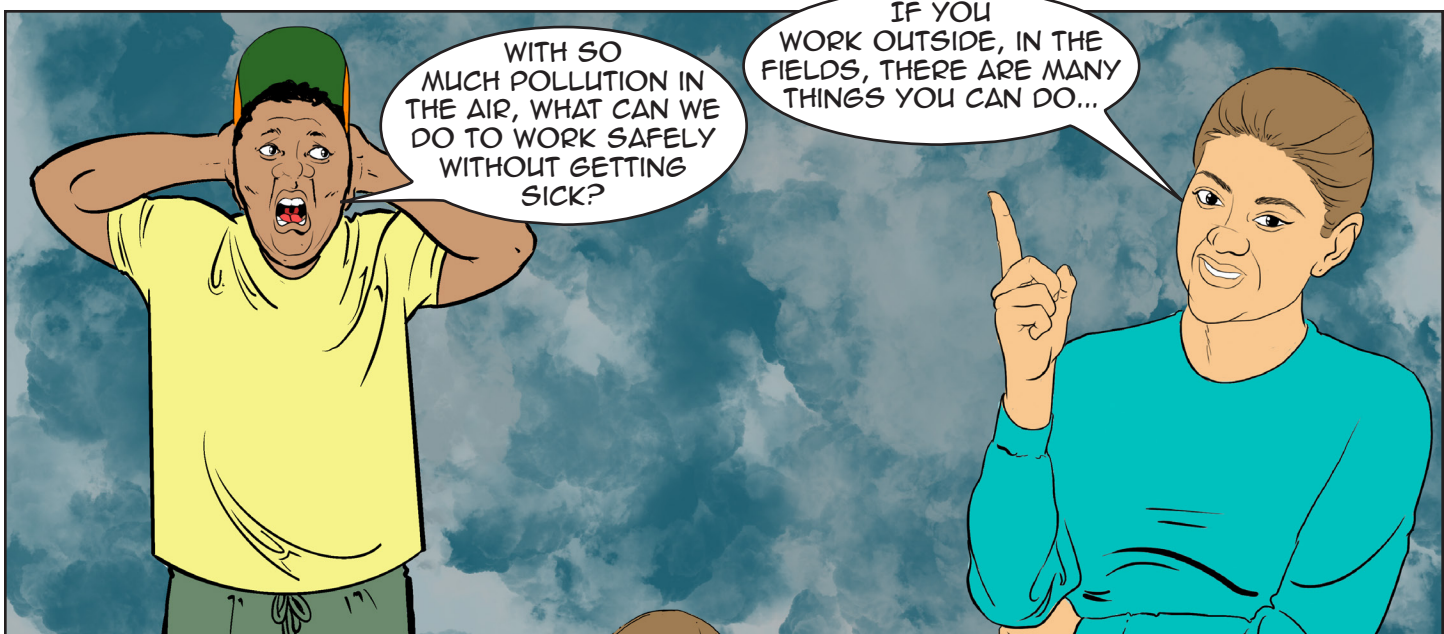




I COULD NOT STAND WORKING IN THE TOMATO FIELDS. ON TOP OF THE WORK BEING HARD, IT WAS SO HOT AND I COULD NOT BREATHE. I HAD TO QUIT AND GO WORK SOMEWHERE ELSE.

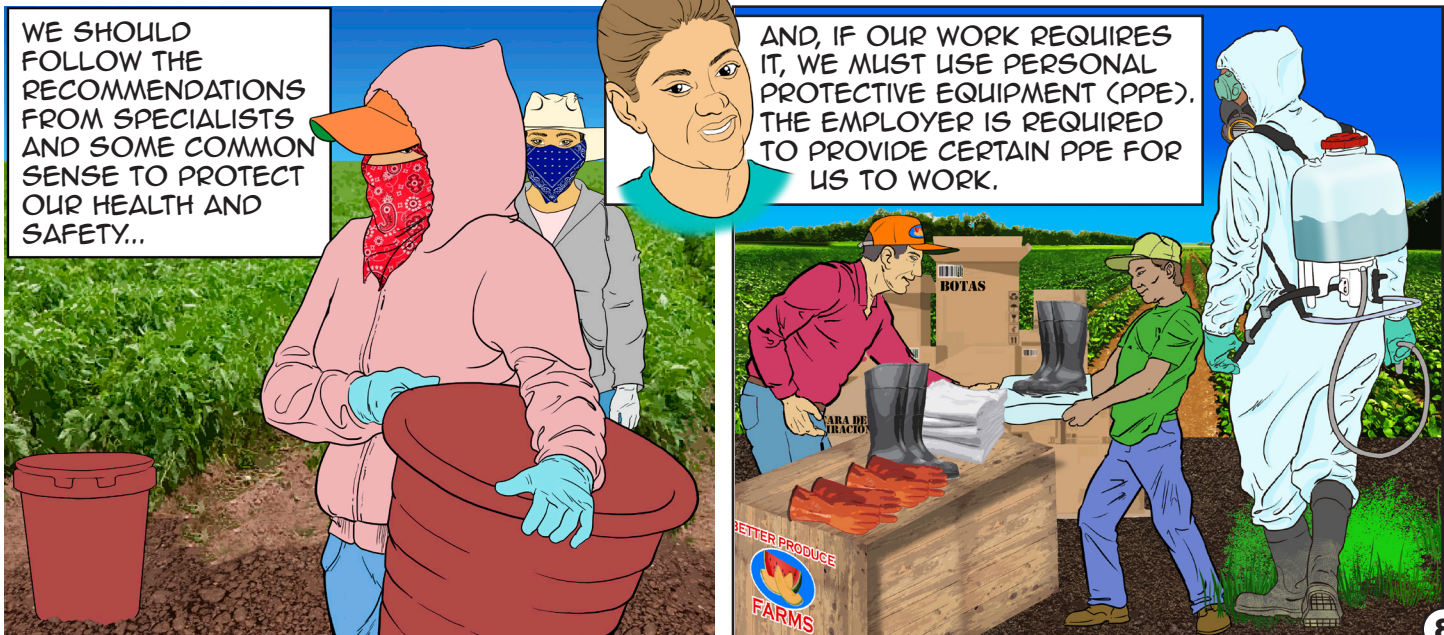
WITH THESE HOTTER TEMPERATURES, WE ARE NOW SEEING MORE WILDFIRES, DROUGHTS, EXTREME RAIN STORMS, AND HURRICANES. AND THEY ARE MORE SEVERE THAN BEFORE.

THESE CONDITIONS HAVE MADE THE AIR WORSE. AND HAVE MADE US NEED N95 RESPIRATORS MORE OFTEN, EVEN WHEN WE DON'T LIKE TO USE THEM.



WITH SO MUCH POLLUTION IN THE AIR, WHAT CAN WE DO TO WORK SAFELY WITHOUT GETTING SICK?

IF YOU WORK OUTSIDE, IN THE FIELDS, THERE ARE MANY THINGS YOU CAN DO...



WE SHOULD FOLLOW THE RECOMMENDATIONS FROM SPECIALISTS AND SOME COMMON SENSE TO PROTECT OUR HEALTH AND SAFETY...

AND, IF OUR WORK REQUIRES IT, WE MUST USE PERSONAL PROTECTIVE EQUIPMENT (PPE). THE EMPLOYER IS REQUIRED TO PROVIDE CERTAIN PPE FOR US TO WORK.



WORKING WITH PPE, SUCH AS GLOVES, MAKES US SLOWER AND KEEPS US FROM DOING OUR WORK FASTER.

BUT IF I DON'T PROTECT MYSELF, I COULD GET VERY SICK. AND THEN I WOULDN'T BE ABLE TO WORK AND SUPPORT MY FAMILY.

HURRY UP! THIS IS MY FOURTH BUCKET!

THE PERSONAL PROTECTIVE EQUIPMENT PROTECTS US FROM BREATHING IN OR HAVING CONTACT WITH PESTICIDES THAT CAN HARM OUR HEALTH AND THE HEALTH OF OUR FAMILY IN BOTH THE SHORT TERM AND THE LONG TERM. PESTICIDES CAN SOMETIMES CAUSE BREATHING DIFFICULTIES OR ASTHMA, OR THEY CAN ALSO CAUSE...



RESPIRATORY DISEASES

PULMONARY EMPHYSEMA

SILICOSIS

ANEMIA

ASTHMA

CHRONIC BRONCHITIS



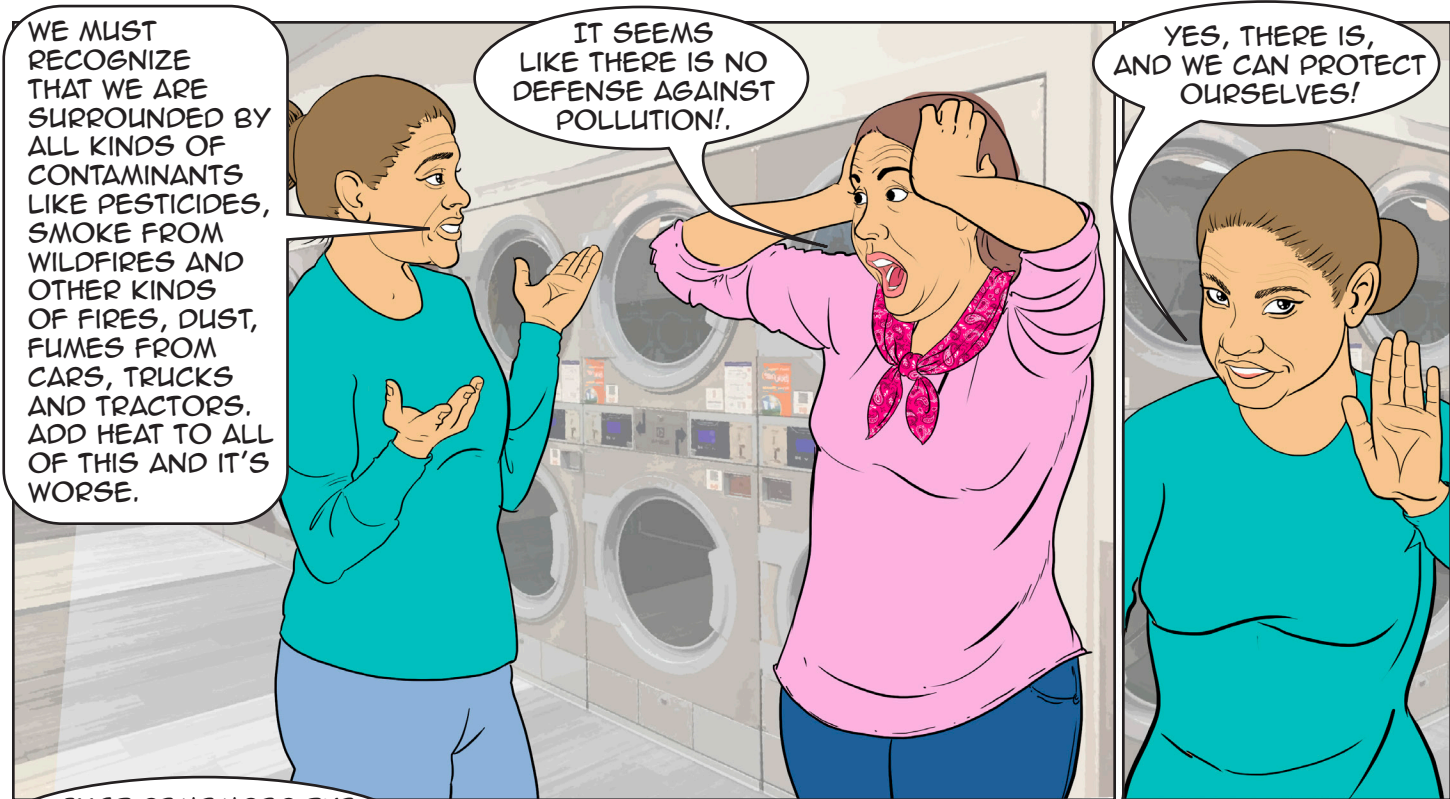
THE TYPE OF CLOTHING AND PPE DEPEND ON A COUPLE OF FACTORS SUCH AS

- THE TYPE OF WORK
- THE WEATHER
- THE AIR QUALITY INDEX



WE MUST ALWAYS REMEMBER THAT IF WE BECOME SICK, WE CAN'T WORK AND IT'S REALLY HARD TO SUPPORT OUR FAMILIES.





JUST REMEMBER THE MAIN STEPS TO PROTECT OURSELVES:

Particulate matter or PM 2.5

Where does it come from?
Vehicular emissions

How can it affect my health?
Asthma attacks and bronchitis
Heart attacks

Prevention strategies
Wear the local air quality / are high:
work, N95 mask, can, inside
mit physical activity in areas with high particulate traffic
Worse exist health conditions
Consider indoor activities

Clipboard Checklist:

- BE INFORMED
- PROTECT YOUR AIRWAYS
- WEAR PERSONAL PROTECTIVE EQUIPMENT (PPE) AT WORK
- WEAR THE RIGHT CLOTHING

Content: Alma Galván, Amy Liebman, Jillian Hopewell, Myrellis Muñiz, Gerardo Reyes Chávez, and Amanda Van Vulpen

Illustration/art and design: Salvador Sáenz/Uriel Sáenz



2024

We appreciate the technical review of Dr. John Balmes and the community leaders and workers who provided feedback on the content and appropriateness of the material.

We are grateful to the Thoracic Foundation for funding the development of this resources. The content is the responsibility of the authors and may not represent the official views of the Foundation.