HEALTH IMPACTS: PARTICULATE MATTER & OZONE

PARTICULATE MATTER
Particulate matter (PM10 & PM2.5) is made up of air pollutant particles, either emitted directly or as byproducts from a chemical process. These particles come from a variety of sources, such as factories, automobiles, construction vehicles, wood burning, and agriculture sites.

GROUND-LEVEL OZONE
Ground-level ozone (O3) is formed from a chemical reaction between oxides of nitrogen and volatile organic compounds that are emitted from car exhaust, paint, aerosol products, and manufacturing facilities.

Both particulate matter and ozone are leading contributors to air pollution. Air pollution can affect more than just the lungs; it can be a significant factor of many health issues, including

*3 OF THE 5 LEADING CAUSES OF DEATH IN NC

*STROKE
ANXIETY, DEPRESSION, & OTHER MENTAL HEALTH ISSUES

*CHRONIC LOWER RESPIRATORY DISEASE
SHORTNESS OF BREATH, ASTHMA, COPD, RESPIRATORY ILLNESSES, WHEEZING & COUGHING

*HEART DISEASE

DIABETES & OBESITY

LOW BIRTH WEIGHT, PREMATURE BIRTHS, & MISCARRIAGE

For more information, please contact our Health Manager, Stephanie Johannes, MD. stephanie@cleanairenc.org