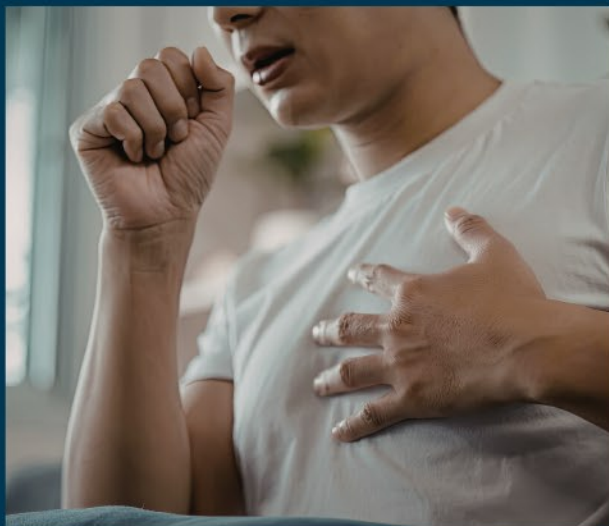


HEALTH IMPACTS

The outdoor air quality is affected by air pollution which can cause harm to sensitive populations such as people with heart or lung disease, older adults, children and pregnant people.

Breathing poor quality air—especially particulate matter measuring 2.5 microns or smaller (PM2.5)—can lead to immediate symptoms like nasal congestion, coughing, and eye irritation. Long-term exposure is linked to more severe cardiovascular and respiratory issues.

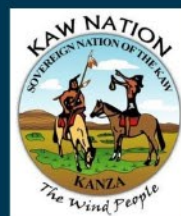
For more information on ambient air safety, review the [World Health Organization](#) guidelines.



Contact Us

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OUTDOOR AIR QUALITY



Outdoor air pollution is a major environmental health problem affecting everyone in a community.

Outdoor air quality (OAQ) refers to the level of ambient pollutants—such as ozone, particulate matter (PM2.5, PM10), and carbon monoxide—present in the air. It is measured using the Air Quality Index (AQI).

OAQ changes constantly based on the balance between pollution sources and environmental conditions:

- Human Sources:** Vehicle exhaust, factory emissions, neighborhood activities (like wood burning), and farming chemicals.
- Natural Sources:** Wildfire smoke, wind-blown dust storms, and volcanic eruptions.
- Weather:** Wind disperses pollution, rain washes it away, while heat/sunlight creates smog. Cold weather can cause "inversions" that trap pollution near the ground.
- Landscape:** Mountains and valleys trap dirty air, while wind can carry pollution from hundreds of miles away.

The AQI ranges from 0 to 500, with higher numbers indicating greater pollution and health risks:

0–50 (Good): Air quality is satisfactory, and poses little to no risk.

51–100 (Moderate): Generally acceptable, though sensitive groups (e.g., individuals with asthma) should consider limiting prolonged outdoor exertion.

101–150 (Unhealthy for Sensitive Groups): Strenuous outdoor exercise should be taken indoors for vulnerable populations.

151–200 (Unhealthy): All individuals, especially sensitive groups, should avoid prolonged outdoor exposure.

201–300 (Very Unhealthy) & 301+ (Hazardous): Emergency conditions; everyone should avoid outdoor physical activities.



Because air quality changes daily based on weather, wind, and environmental factors, checking local conditions is essential.

- National Standard:** Use the AirNow Fire and Smoke Map or the [AirNow State Directory](#) for real-time, official U.S. Environmental Protection Agency data.
- Global Tracking:** Check international city rankings or find localized neighborhood sensors on [IQAir Air Quality Map](#).



Other tips to consider when air quality is poor:

- Limit your time outdoors to 30 minutes or less.
- Encourage children to play inside.
- Keep windows closed and use the "re-circulate" setting on your air conditioning or heat.

