

# Air Quality Awareness



Clean air is important to overall health and wellness.

Most people in good health are not heavily affected by minor air quality problems, but minimizing exposure to indoor and outdoor air pollutants can make a big difference in your clients' health, especially for those with allergies, respiratory problems, or asthma.

Those in high-risk groups may need to pay extra attention to both indoor and outdoor air quality. If you care for a client with a lung condition, or any older adult or baby, air quality problems may affect them more than a client who isn't at a high risk. As a caregiver, take steps to help reduce health problems from poor air quality by following these guidelines.