WHAT IS

FINE PARTICULATE MATTER ($PM_{2.5}$)?

Fine Particulate Matter (also known as **$PM_{2.5}$**) are particles in the air that measure less than 2.5 micrometers (µm) in diameter, and typically consists of a mix of things like smoke, soot, liquid or solid particles in aerosol, or biological matter like mould, bacteria, pollen and animal dander. **$PM_{2.5}$** poses a risk to your health because, when inhaled, it can travel deeply into your lungs.

INDOOR SOURCES OF $PM_{2.5}$

INFILTRATION FROM OUTDOORS

WHO IS AT GREATEST RISK?

- People with existing lung and heart conditions
- Children
- Seniors

HEALTH EFFECTS OF $PM_{2.5}$

Eye, nose, throat and lung irritation

Decreased lung function

Wheezing, coughing and shortness of breath

Aggravation of lung and heart conditions like asthma and heart disease

HOW TO REDUCE YOUR RISK?

- **Remove and control sources**
  - Keep your home smoke free.
  - Ensure fuel burning appliances are properly installed and maintained.
  - Move dusty work outside.
  - Use a vacuum with a high efficiency particulate air (HEPA) filter.
  - Reduce the use of candles and incense.
  - Do not idle your vehicle in your garage or near entrances to your home.
- **Ventilate your home**
  - Open windows.
  - If you have a mechanical ventilation system, use it to bring in fresh air.
- **Filter the air** with an in-duct filter for your furnace or a portable air cleaner with a HEPA filter
- **Use range hood on highest setting when cooking**

On days when **OUTDOOR POLLUTION** is **high**, opening windows might not improve the **air quality** indoors.

For more information on **Fine Particulate Matter ($PM_{2.5}$)**, please visit **healthycanadians.gc.ca/indoorair** or contact us at: **hc.air.sc@canada.ca**

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PRINT Cat.: H144-66/2019 | ISBN: 978-0-660-31856-1 | Pub.: 190203
PDF H144-66/2019E-PDF | 978-0-660-31854-7

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