

### WHY SHOULD YOU CARE ABOUT AIR POLLUTION?

Exposure to indoor and outdoor air pollution can impact your brain and increase your dementia risk.



When we breathe polluted air, the pollutants can reach the brain and cause inflammation. Over time, this may increase our dementia risk.

### HOW CAN YOU TAKE ACTION?

An infographic with a light orange background. It features several illustrations and callout boxes. On the left, a hand holds a smartphone displaying an 'Air Quality' app with a green checkmark. In the center, a kitchen scene shows a stove with a frying pan, a kitchen hood, and a lit candle. On the right, a window looks out onto a green landscape with a small car on a road. At the bottom, a blue fan is shown next to a white air filter. Lines connect the callout boxes to their respective illustrations.

**Check and be aware of the air quality around you.**

**Avoid polluted areas by taking alternate and less congested routes to work or school.**

**Use a kitchen hood that vents outdoors to reduce particulate matter in your home.**

**Limit the use of candles.**

**Open your windows when the outdoor air quality is good, and close them when the outdoor air quality is poor.**

**Use in-home air purifiers or build your own cost-effective air purifier. It's not difficult to do—even kids can help!**

**Change your filters every few months for proper ventilation and filtration.**

For more information, visit [www.defydementia.org](http://www.defydementia.org)