LET'S CLEAR THE AIR: REDUCING AIR POLLUTION FOR BRAIN HEALTH

Baycrest

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?



Check and be aware of the air quality around you.

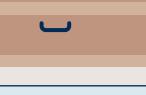


Avoid polluted areas by taking alternate and less congested routes to work or school.

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

Limit the use of candles.



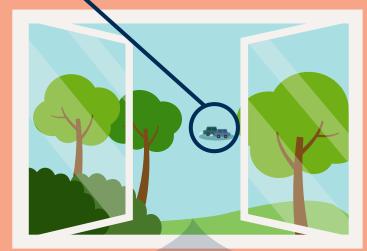


Use in-home air purifiers or

build your own cost-effective

air purifier. It's not difficult to

do-even kids can help!



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

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

For more information, visit www.defydementia.org