

Every breath *counts*

10 million particles a day.
One zip code can change
everything.

See what you're really
breathing in →



The Invisible Threat...

Not all pollution is visible.

The air around us may “look” clean - but hidden in it are tiny, toxic particles that we breathe in every day.



These particles are called **PM 2.5** - and they're some of the most dangerous forms of air pollution in the world.

What is PM 2.5?

Tiny particles smaller than 2.5 microns (30x smaller than a human hair) that get deep into your lungs, your bloodstream, and even your brain.

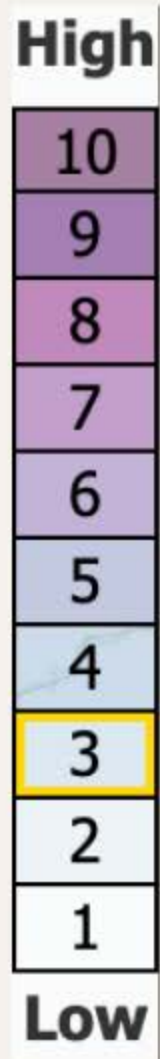
Where does it come from?

Wildfires
Factories & power plants
Car and truck exhaust + more

PM 2.5 causes over **4 million** premature deaths globally every year.

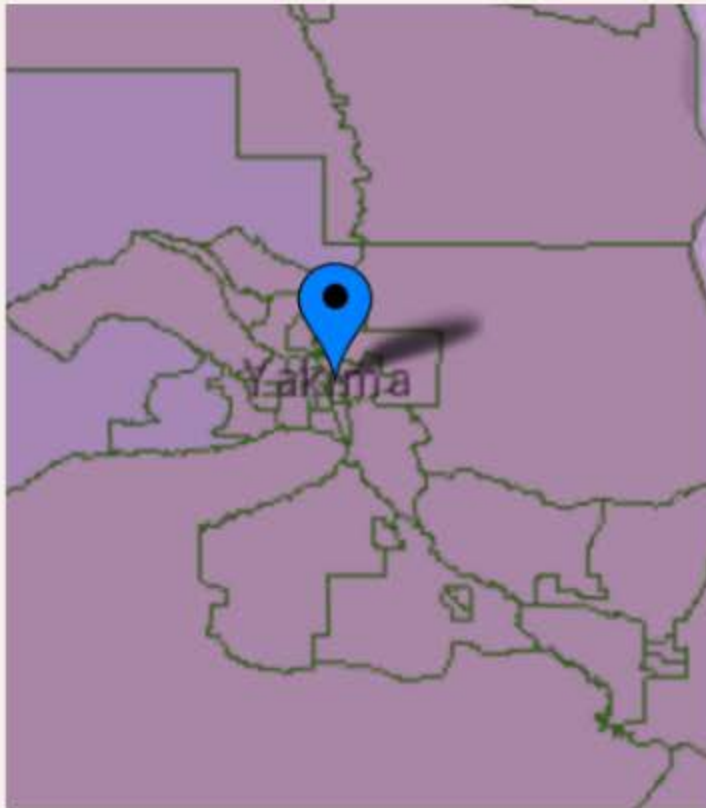
NOT ALL AIR IS CREATED EQUAL

Two ZIP Codes. Two very different air stories.



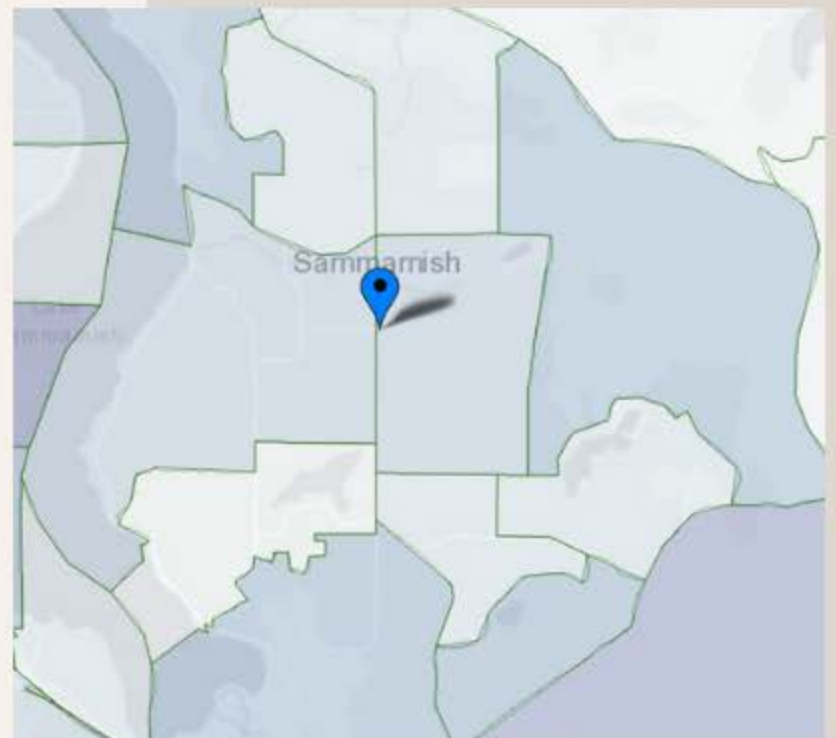
Use this chart to see how PM 2.5 concentrations range across two different WA regions!!

Yakima:



4x higher !!

Sammamish:



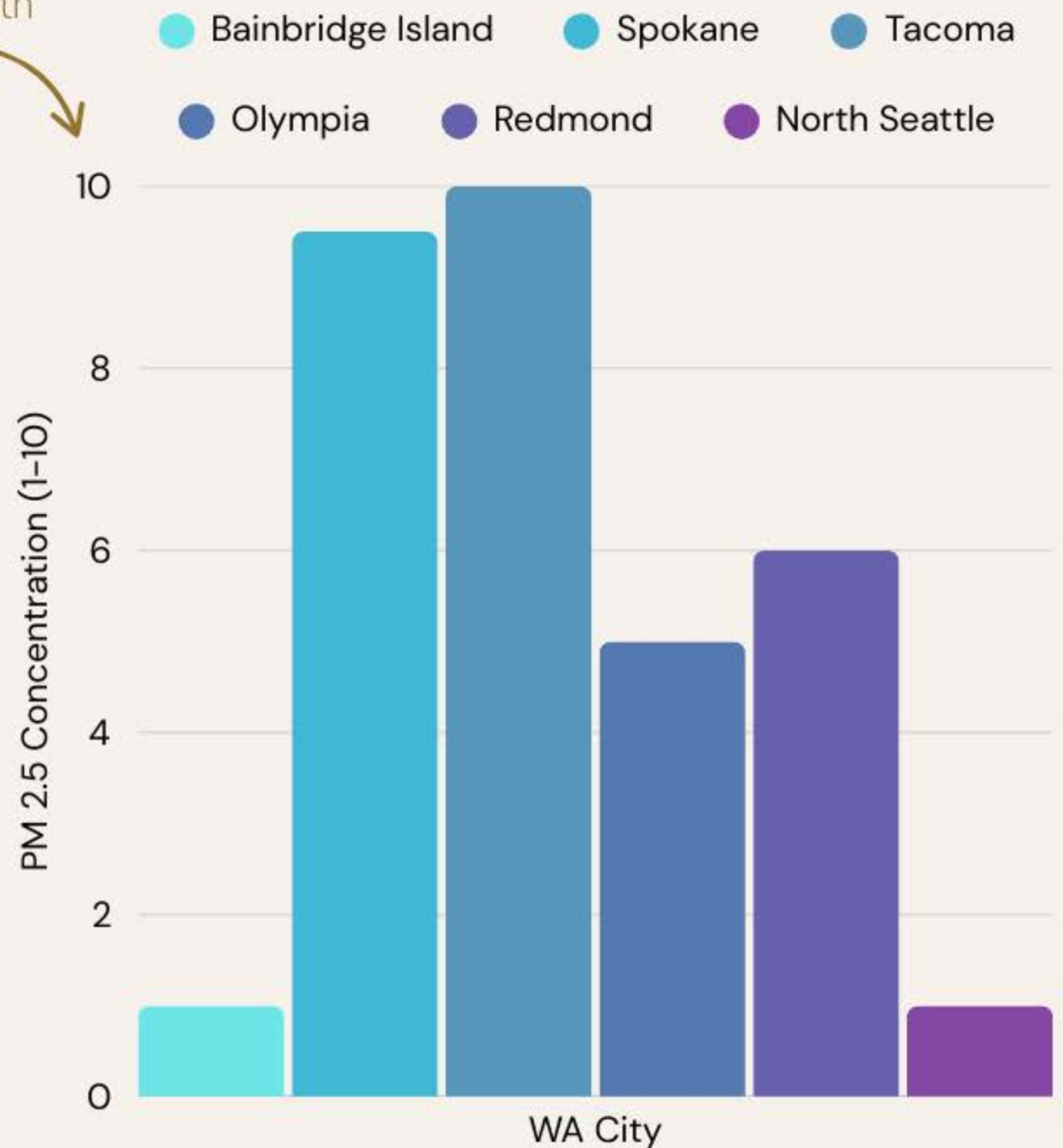
The recommended PM 2.5 value by the World Health Organization would fall around 3-4 on this scale

COMMUNITIES LEFT BEHIND

Let's look at a couple other cities....

very susceptible to health diseases!!

This unequal distribution of air pollution across WA represents a striking symptom of a MAJOR environmental justice issue.



This means some people are more likely to get sick or die simply because of where they live - which is deeply unfair and preventable.

Try it yourself!!

Check out your own neighborhood's rating at <https://fortress.wa.gov/doh/wtnibl/WTNIBL/Map/EHD>

THE DEEPER INJUSTICE BEHIND DIRTY AIR



Root Causes

In the 20th century BIPOC communities were intentionally placed near sources of pollution due to racist urban planning policies – leading to higher exposure to air pollution with long-term health consequences.



System Inequity

Communities with the highest pollution levels often have less wealth, higher proportions of immigrants or people of color, and less political power to advocate for clean air.

Disproportionate Exposure = Disproportionate Impact

These neighborhoods face higher rates of asthma, heart disease, and other respiratory illnesses due to their exposure to higher levels of PM2.5 pollution.

These inequities aren't accidental—they reflect a long history of unequal urban planning, policy decisions, and resource distribution that **must** be addressed to achieve justice for vulnerable communities.

CLEARING THE AIR:

Luckily, **you** can make a difference.

Advocate For Equity:

- Support environmental justice policies at the state and local level.
- Learn about and uplift overburdened communities in WA.
- Follow and share updates from groups like Front and Centered.

Personal Lifestyle Choices:

- Use public transportation, bike, or carpool to reduce emissions.
- Avoid using wood-burning stoves, especially on poor air quality days.
- Support clean energy policies and businesses.

Protect Your Indoor Air:

- Get an air purifier or build a DIY box fan filter.
- Monitor air quality on airnow.gov or enviwa.ecology.wa.gov.
- Avoid outdoor activity on high pollution days.

Spread Awareness:

- Share what you've learned with family, friends, and online.
- Encourage your school or workplace to support clean air initiatives.
- Join or start local clean air campaigns or tree-planting efforts.

References:

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[https://www.who.int/news-room/fact-sheets/detail/ambient-\(outdoor\)-air-quality-and-health](https://www.who.int/news-room/fact-sheets/detail/ambient-(outdoor)-air-quality-and-health)
2. Weinberger, H. (2022). Redlining's enduring impact shows up in WA pollution disparity. Cascade PBS.
<https://www.cascadepbs.org/environment/2022/03/redlinings-enduring-impact-shows-wa-pollution-disparity>
3. Colon, J. (2017). The disproportionate burden of fossil fuel air pollution on communities of color in Washington .
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