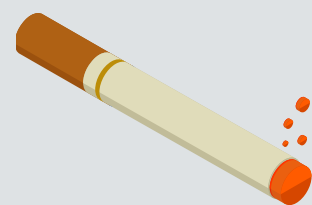


ULTRAFINE PARTICLES (UFPs) ARE A TYPE OF AIR POLLUTION THAT COME FROM:

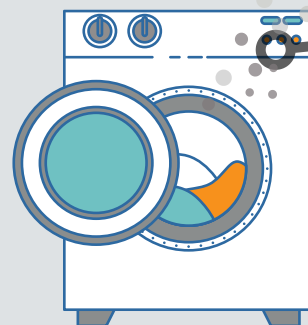
INDOOR SOURCES LIKE



CANDLES



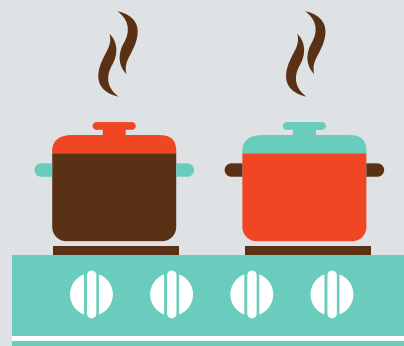
SMOKING



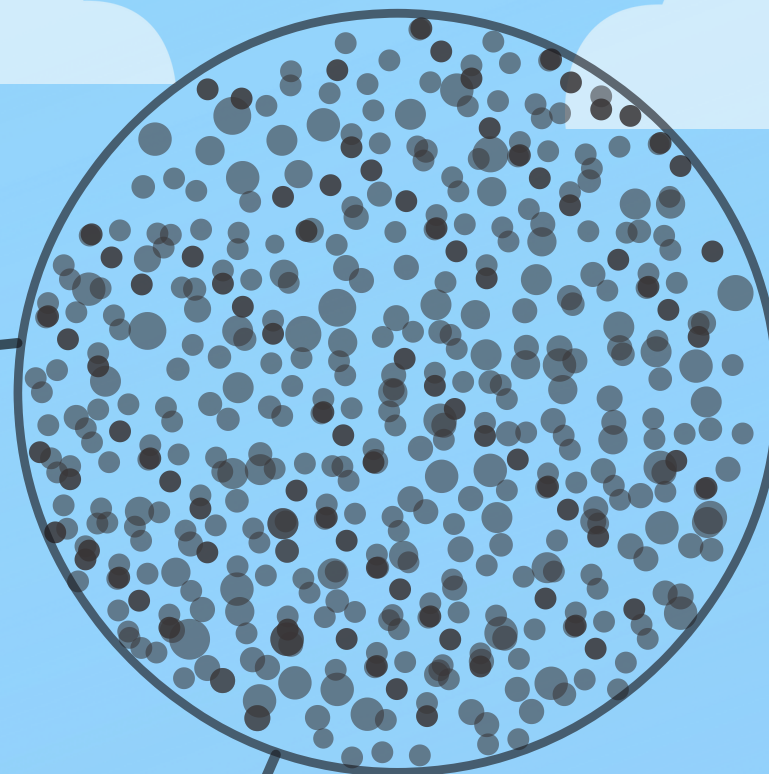
GAS CLOTHES DRYERS



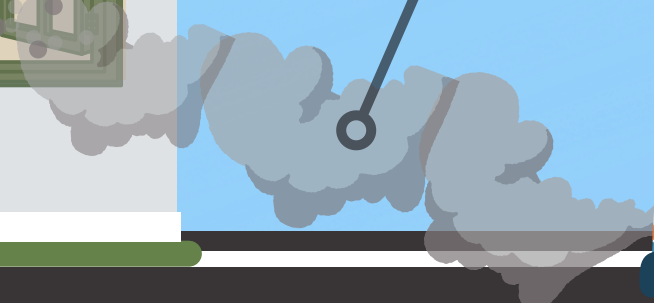
FIREPLACES



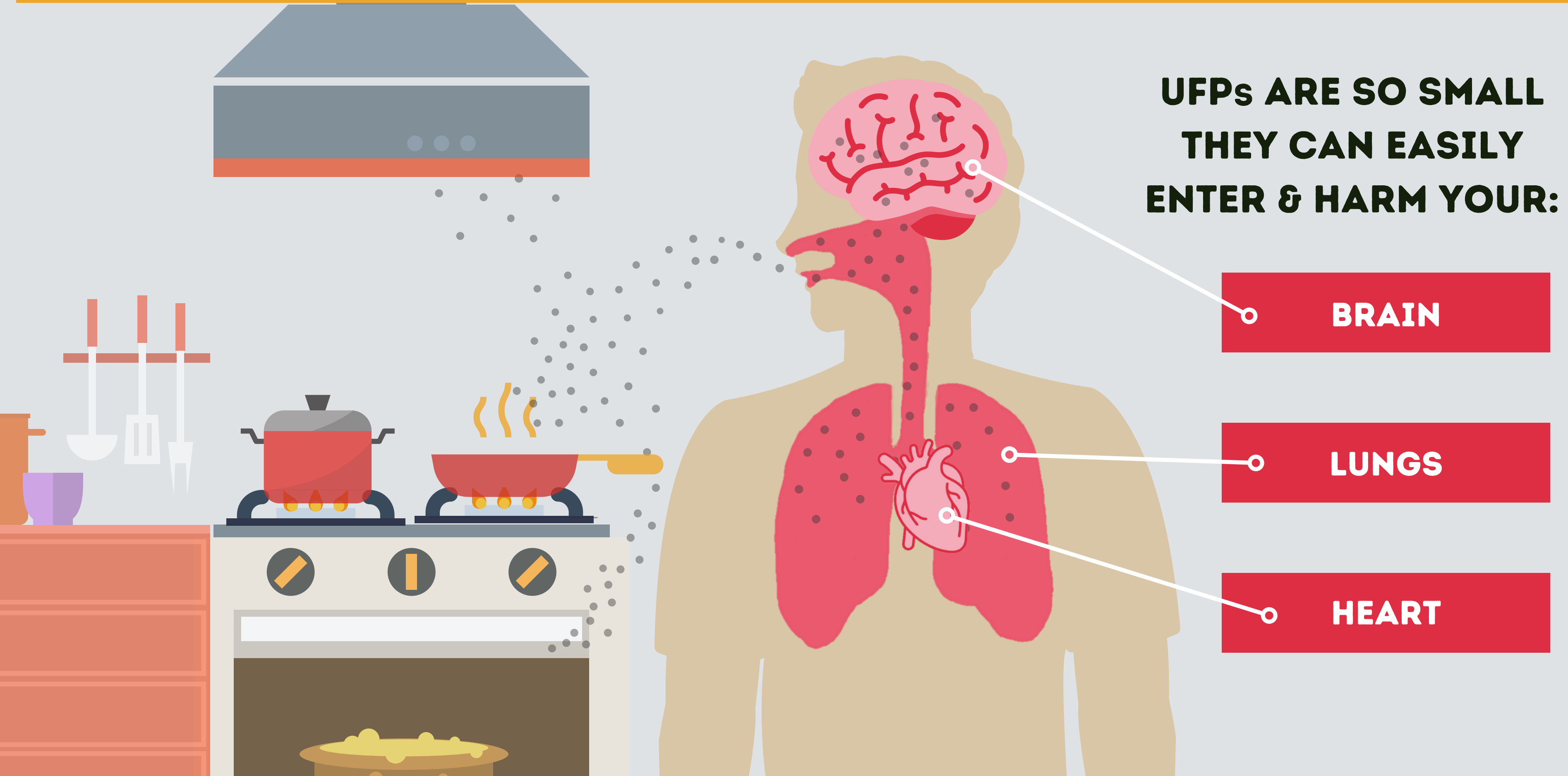
COOKING



OUTDOOR SOURCES LIKE BUSY ROADWAYS



BREATHING HIGH LEVELS OF UFPs CAN BE HARMFUL TO YOUR HEALTH



**UFPs ARE SO SMALL
THEY CAN EASILY
ENTER & HARM YOUR:**

BRAIN

LUNGS

HEART

TO REDUCE THE AMOUNT OF UFPs INDOORS

USE A RANGE HOOD
must be vented outside

**DON'T LIGHT
CANDLES INDOORS**

USE AIR PURIFIERS
with HEPA filters

DON'T SMOKE INDOORS



FOR MORE INFORMATION VISIT:

CAFEHRESEARCH.ORG

