

Air Quality and Pregnancy



Poor air quality can result from traffic pollution, industrial sources, and wildfire smoke. Air pollution produces toxic gases, volatile organic compounds, and particulate matter.

When you're pregnant, these exposures have been linked to an increased risk of:

- miscarriage
- high blood pressure in pregnancy
- diabetes (high blood sugar) in pregnancy
- preterm birth
- low birth weight
- stillbirth

HOW IS AIR QUALITY MEASURED?

The Air Quality Index (AQI) is a number for reporting how clean or unhealthy your air is every day. You can find it on the Internet at AirNow.gov.



Scan to see
your local
AQI

1-50
GOOD

51-100
MODERATE

101-150
UNHEALTHY
for sensitive
groups

151-200
UNHEALTHY
for all

201-300
VERY UNHEALTHY
for all

RECOMMENDATIONS

If the air is unhealthy, this is what you should do:

1 Use a HEPA air filter in your home



2 Don't have an air filter? Scan the QR code to learn how to make your own air filter at home.



3 Wear a N95 mask outside if AQI >150.



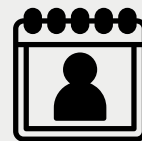
4 If AQI is 51-100, plan outdoor activities in the morning. If AQI is >100, exercise indoors.



5 If AQI is >200, keep your home's windows closed.



6 Call your healthcare provider or 911 if you have contractions, bleeding, less fetal movement or other concerns.



Rasmussen NEJM 2022, CDC