



## PARTICULATE MATTER

### What is Particulate Matter?

Particulate matter, also called particulate pollution, refers to the tiny liquid droplets and solids that exist in the complex mixture of air pollution. Particulate matter is categorized by size. Particulate matter that is 2.5 to 10 microns in size are known human carcinogens.

### Where is Particulate Matter Found?

Sources of particulate matter are **construction sites, unpaved roads, fields, fires,** and pollutants from **power plants** and **automobiles**. Particulate matter enters the body through breathing.

**To keep yourself and your family safe from particulate air pollution, use the Air Quality Index to monitor air quality levels in your area and avoid exercising or being outside for extended periods of time on days with high levels of pollution.**

### Why is Particulate Matter Concerning?

Particulate Matter in air pollution has been classified as carcinogenic to humans by the **International Agency for Research on Cancer (IARC)**. Both short term and long term exposure can also cause a variety of additional health impacts including respiratory effects, such as aggravated asthma and reduced lung function; cardiovascular impacts such as stroke, heart attack and irregular heartbeat; and premature death among individuals with pre-existing heart and respiratory disease.

### Where can I find more information about Particulate Matter?

To learn more about this hazardous chemical, please visit the following organization's websites:

#### Scientific Government Resources:

- [Centers for Disease Control and Prevention \(CDC\): Particle Pollution](#)
- [Environmental Protection Agency \(EPA\): Particulate Matter \(PM\) Basics](#)

#### Consumer Support Information:

- [American Lung Association: Particle Pollution](#)