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

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Breathing high levels of UFPs can be harmful to your health. UFPs are so small they can easily enter and 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
- Don't smoke indoors
- Use air purifiers with HEPA filters
FOR MORE INFORMATION VISIT:

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