

# Let's Be Careful of PM<sub>2.5</sub>

## What is PM<sub>2.5</sub> ?

It is an extremely small particle (smaller than 2.5 $\mu$ m(1 $\mu$ m=0.001mm)). That is about 1/30 the width of a strand of human hair. It floats through the air after being expelled as a part of car exhaust fumes or factory chimneys. As it is very small, it is very easy for it to enter our lungs. It is supposedly bad for our health, especially our respiratory and circulatory systems. PM<sub>2.5</sub> levels are measured at various locations across Japan, including in Shimane Prefecture.

Please take care on days when levels of PM<sub>2.5</sub> are high.

On days when the PM<sub>2.5</sub> levels are likely to exceed 70 $\mu$ g/m<sup>3</sup>, a warning will be sent out, entitled: ちゅういかんきじょうほう **注意喚起情報** (Warning Information).

## ◇ Where can I find out about Warnings? \*Japanese Only

★Shimane Pref. Home Page

URL <http://www.pref.shimane.lg.jp/environment/kankyo/kankyo/taiki/pm25.html>

★Info from municipalities (Method of delivery will vary by municipality)

★"Shimane Prefecture Disaster Prevention Mail"

(Japanese only. Registration Required. For more details see the bottom of page 2.)

ETC

## ◇ What Should I Do If A Warning Is Announced?

★Reduce your amount of time outside as much as possible.

★Reduce the amount of vigorous exercise done outside as much as possible.

★Reduce air-ventilation and close windows while inside.

★People with illness (especially that of the respiratory or circulatory system), young children, and the elderly should take.

## ◇ When No Warning Information Has Been Released

People with illness (especially that of the respiratory or circulatory system), young children, and the elderly, please take note of the following points:

★These types of people are more susceptible than healthy adults. Please take care of your health.

Avoid smoking as much as possible.

★Tell child-care, kindergartens, elementary schools, or elderly-care facilities about how you or the child/person in your care feels each day.

## ◇ PM<sub>2.5</sub> Levels in Shimane (Updated every hour)

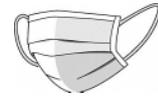
Shimane Prefecture Homepage: PM<sub>2.5</sub> Information Site

URL <http://www.eco-shimane.jp/koumokubetu.php?itemCD=29&img='3&apos;>

## Q&A

### Q Will wearing a mask help prevent breathing it in?

A Special masks, like those for medical use, will have an effect if they are fit to the size of your face and worn correctly. Among regular masks there are those that will protect, and those that will not. Please check the labels of individual products.



### Q Will an air-cleaning device help?

A The results will depend on the type of machine. Please check the label or ask the retailer/manufacturer.

### Q On days where PM.25 levels exceed 70µg/m<sup>3</sup>, must we stop all outdoor activities?

A When the level is not exceeding 70µg/m<sup>3</sup> by a large amount, it is unnecessary to cease outdoor activities. People with illness (especially that of the respiratory or circulatory system), young children, and the elderly should take care even when at low levels.

<Registering For The Shimane Disaster Prevention Mail>

\*Japanese Only

① Send a mail to: [bousai-shimane@xpressmail.jp](mailto:bousai-shimane@xpressmail.jp)

Leave the message blank.

② A reply should arrive within 30 minutes.

Complete the steps in the mail.

Please select こうどりようしやむ 高度利用者向け (For High-Level Users) when registering,

then たいきおせんじょうほう 大気汚染情報 (Air Quality Information)



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