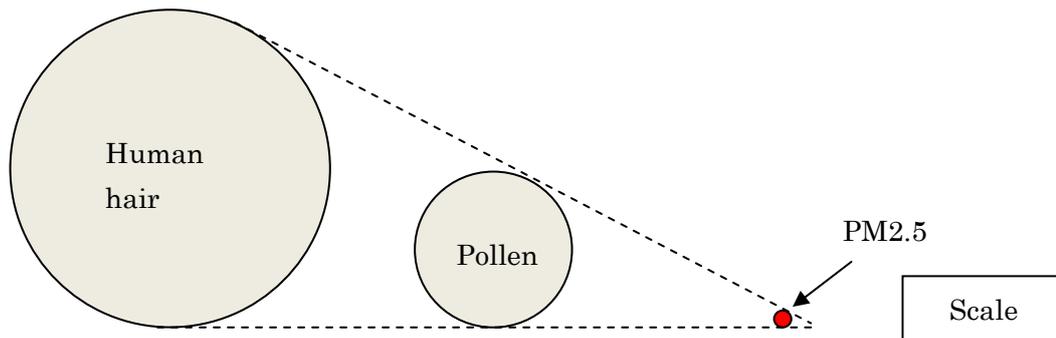


1. What is “PM2.5”?

In the air and atmosphere, there are tiny particles (about 30 times smaller than a single hair) with a diameter of 2.5µm (micrometres) or less (1µm = 0.001mm). These particles are produced by everyday items such as cars and boilers, as well as by things in nature, like volcanoes. These particles can penetrate deep into people’s lungs, and are said to have bad effects on them, as well as your throat, heart, and your body in general.



2. What are the healthy/standard levels for people to be healthy?

In order for people to live healthy lives, the following density standards of PM2.5 particles in air are recommended:

Yearly average: less than 15µg/m³ (micrograms per cubic metre of air)

Daily average: less than 35µg/m³

3. What can I do myself?

When daily levels of PM2.5 exceed 70µg/m³, try to do the following:

- ✧ Try to stay indoors as much as possible
- ✧ Try to limit the amount of time spent outdoors, doing exercise, etc
- ✧ Try to limit the number of times you open the doors and windows of your house/room
- ✧ The elderly, young children, and those people with lung, throat, nose, or respiratory problems are more at risk on days with levels of PM2.5 higher than 70µg/m³, so these people should take extra care.

4. How can we know what the levels of PM2.5 are?

You can view the current levels of PM2.5 on Kyoto Prefecture’s website. If the levels are forecasted to exceed 70µg/m³, an advisory will be issued on the website and through media institutions.

<http://www.pref.kyoto.jp/taiki/1111111.html>

On the webpage linked to above, if you click on the “日平均値 (直近 1 週間)” link (about halfway down the page), you can view regional measurements of PM2.5. (This is currently only available in Japanese)