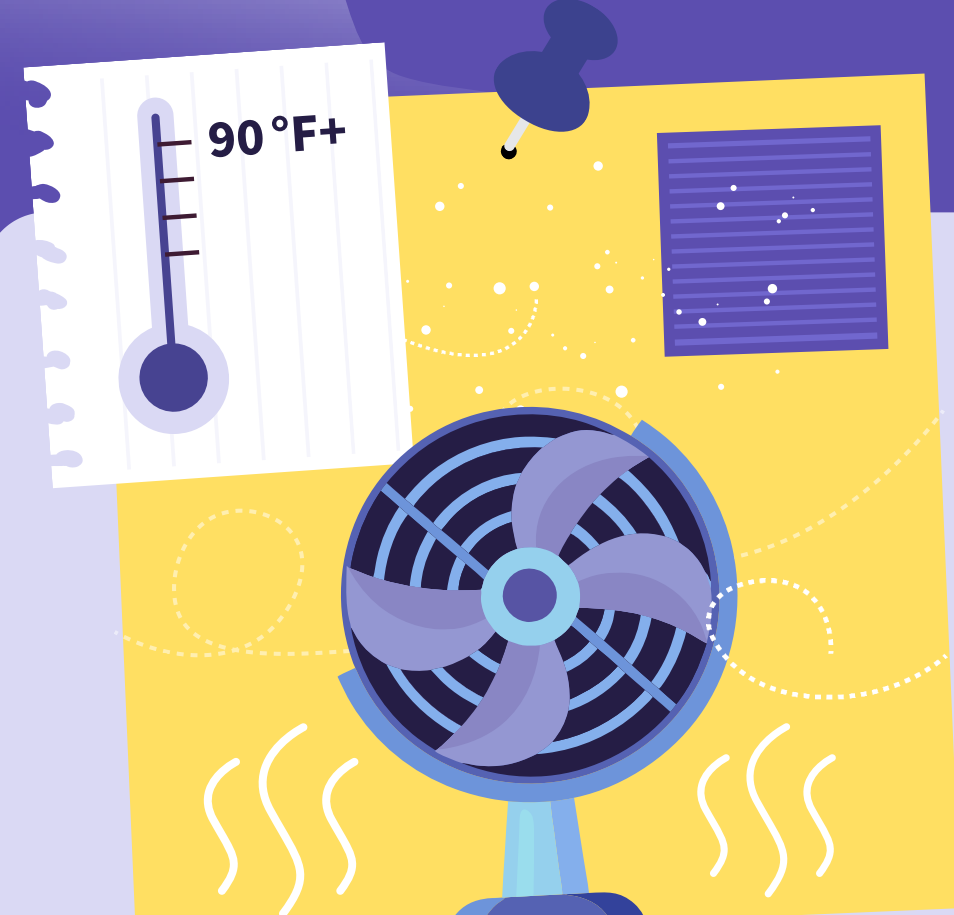




Summer Safety Myths

BUSTED!

Science-backed facts to protect your community this season



MYTH 1:

Fans Are Enough to Beat the Heat and Keep Air Safe

X BUSTED

Fans move air but don't lower the room temperature or clean the air.

✓ FACT:

At indoor temps above ~90°F (32°C), fans can actually increase heat stress. Alone, fans don't filter airborne particles, that's why HVAC systems or purifiers are essential.



Did you know? Americans spend ~90% of their time indoors, where air pollutants can be 2–5× higher than outside.

MYTH 2:

Indoor Air Is Always Safer



X BUSTED

Without good ventilation, indoor air can trap heat, humidity, and pollutants.

✓ FACT:

Clean indoor air requires proper filtration, ventilation, and monitoring.



EPA data: Indoor air is often 2–5× more polluted than outdoor air.



MYTH 3:

You Only Need Water When Thirsty

X BUSTED

Thirst is a late sign of dehydration.

✓ FACT:

Regular hydration prevents heat-related illnesses. Schedule water breaks.

MYTH 4:

Air Quality Alerts Only Matter for Asthma



X BUSTED

Poor air quality affects everyone, not just people with asthma.

✓ FACT:

Children, older adults, and outdoor workers are particularly vulnerable.



Stat: In 2023, 77 million people in the U.S. experienced unhealthy air quality days.



MYTH 5:

Infectious Diseases Take a Summer Break

X BUSTED

Respiratory illnesses don't disappear in summer.

✓ FACT:

Crowded indoor spaces increase transmission risks Ventilation and hygiene remain key.

Learn more and join our community at Commit to C.A.R.E.

www.commit2care.org

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