

# Air, Energy and Materials Sustainability



Learn  
More About AEMS!

## AEMS

The AEMS program monitors the air we breathe and the water we use through monitoring stations across New Jersey. AEMS ensures our environment remains safe and healthy by detecting pollution and sharing their findings with the public. AEMS helps us stay healthy and enjoy our surroundings without worrying about pollution.

## Air Quality

Air quality affects health because when we breathe in polluted air, it can harm our lungs and make it harder for us to stay healthy. It can cause problems like asthma attacks, coughing, and even long-term issues like heart disease if we're exposed to it for a long time.



AIR QUALITY INDEX

## Air Pollution Health Effects

### Short Term:

- Headaches,
- Inflammation of Nose, Eyes, Throat
- Breathing Issues (coughing)
- Skin Irritation
- Pneumonia, Bronchitis



- Long Term:
- Ability to Think, Learn, & Remember
- Heart Disease
- Asthma, Cancer
- Clotting or Liver Disease
- Fertility Issues



## Recycling

Recycling is when we collect used materials like paper, plastic, and glass, and turn them into new things instead of throwing them away. It's important because it helps us save resources, reduce pollution, and protect the environment for future generations.



Youth Inclusion Initiative

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