

Particulate Matter and Cardiovascular Disease

- Exposure to particulate matter 2.5 micrometers or less in diameter (PM_{2.5}) is linked to an increase in risk of heart attacks, strokes, and rhythm disorders
- Information and relevant resources:
 - [Million Hearts: Particle Pollution and Heart Disease](#) website
 - [EPA's Particle Pollution and Your Patients' Health](#) web-based course
 - [EPA's Healthy Heart Toolkit and Research](#)
 - [EPA's AirNow](#) website
 - [Particle Pollution and Heart Disease](#) podcast

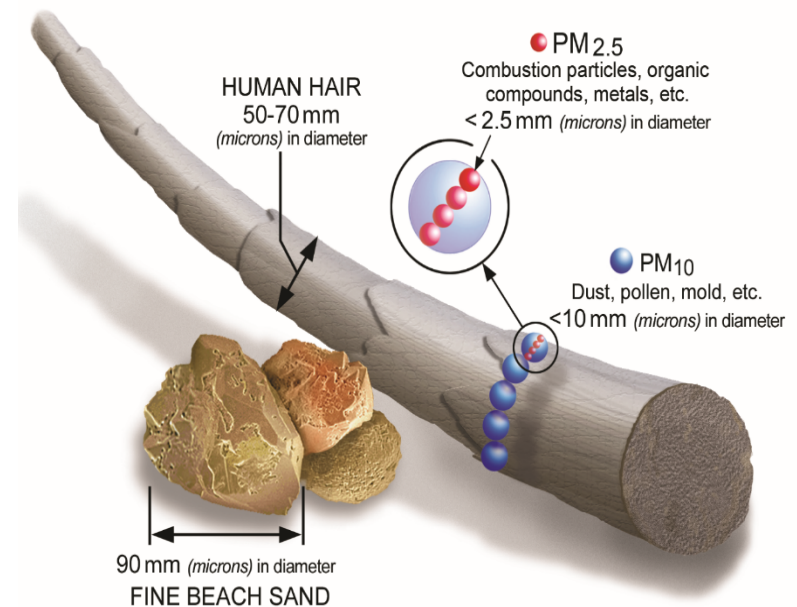


Image source: EPA, Office of Research and Development
<https://www.epa.gov/pm-pollution/particulate-matter-pm-basics#PM>



#FightFlu

- As we continue to promote messages about CVD and influenza, this is a friendly reminder to get your own flu vaccine. We invite you to post your band-aided arm on social media with **#FightFlu** to help encourage your friends and family members to get vaccinated. New social medial flu vaccination images and messages are also available at <https://www.cdc.gov/flu/resource-center/toolkit/>.

