

## **WHAT IS OZONE?**

Ground level Ozone is commonly referred to as smog. It is formed when a mixture of pollutants are "baked" in the hot, summer sun.

## **DON'T WE WANT TO SAVE OZONE?**

Ozone exists both in the upper atmosphere and the lower atmosphere. It has good and bad effects on us depending where it is located. In the upper atmosphere ozone shields us from the damaging rays of sun. Ground level ozone in the air we breathe can cause adverse health effects.

"Good up  
High...Bad  
Nearby"

## **WHAT ARE THE HEALTH EFFECTS OF OZONE?**

Although it cannot be seen or tasted, elevated levels of ozone can have a variety of effects on your respiratory system.

- ◆ Ozone can irritate your lungs and throat, causing symptoms such as coughing and wheezing.
- ◆ Ozone can constrict your breathing passages, making it harder to breathe.

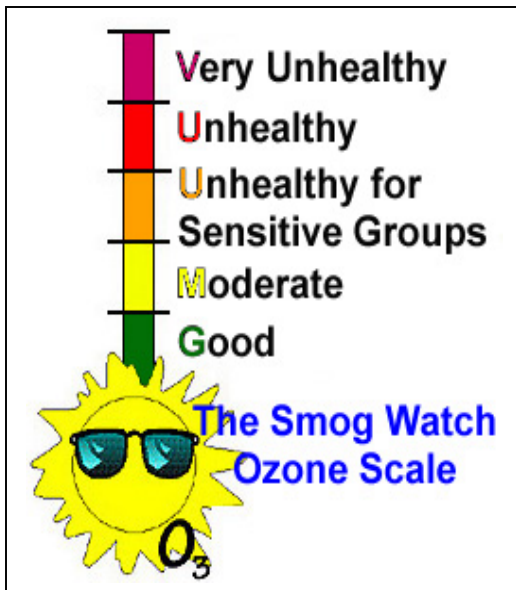
Ozone reacts with lung tissues, and can cause swelling and chest pain.

## **WHO IS AT RISK?**

The health effects are of concern to everyone who works, plays or spends time outdoors, even the healthiest people. The effects can be the most dangerous for people with asthma, children and the elderly.

## **WHAT CAN I DO TO REDUCE OZONE ON HIGH OZONE LEVEL DAYS?**

- ◆ Limit driving (especially during peak hours of 7-9am and 4-6pm)
- ◆ Avoid idling and jack rabbit starts
- ◆ Walk inside instead of using drive-thru windows
- ◆ Slow down. Driving 55 mph instead of 65mph reduces pollution by 10%
- ◆ Refuel your car after sunset
- ◆ Defer mowing your lawn until late in the evening or another day, or use an electric mower.
- ◆ Limit the use of gasoline powered equipment.
- ◆ Keep your car/boat/lawn equipment, etc. properly maintained.
- ◆ Limit or postpone household activities that use oil-based paints, solvents or varnishes. Use water-based products as an alternative.
- ◆ Conserve energy in your home to improve air quality by reducing energy needs from power plants.



## **HOW CAN I LEARN MORE ABOUT OZONE LEVELS?**

Each day, air quality data is collected from a network of air monitoring stations located in Allen County. When data from these monitors indicate conditions are right for unhealthy levels of ozone, the public will be advised to take precautions, and asked to avoid ozone-generating activities until the health threat has passed.

You can check out the daily ozone forecast at:

[www.ai.org/idem/oam/smog](http://www.ai.org/idem/oam/smog) or <http://www.fw-ac-deptofhealth.com/>

An OZONE ALERT is issued when conditions reach the "orange level" or Unhealthy for sensitive groups