

Ozone and Your Health

Ozone is a gas.

When you breathe it in, ozone reacts with body tissues and damages them.

Good Ozone

Naturally occurs in the upper atmosphere and protects us from the sun's ultraviolet rays.

Bad Ozone

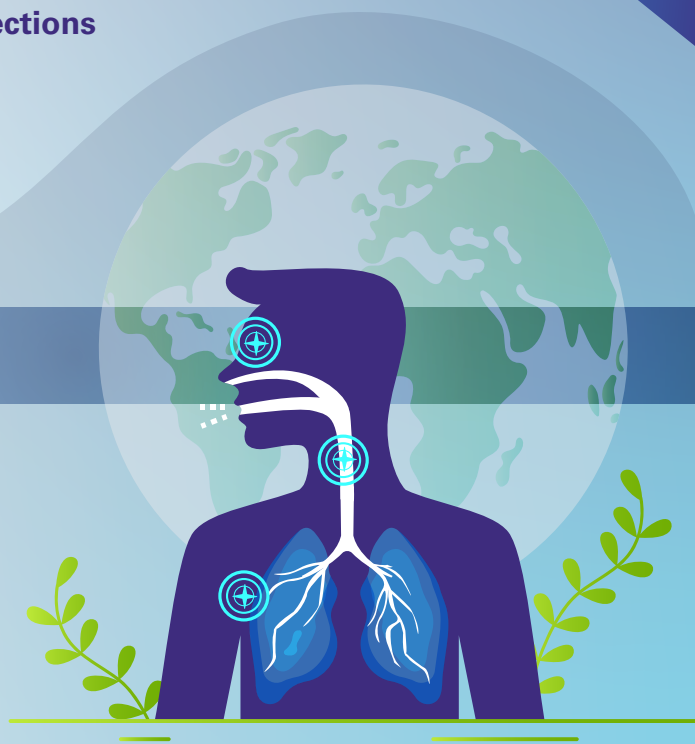
Created when vehicle and other emissions mix with pollutants and are heated by the sun.

9 Harmful Effects of Bad Ozone

- 1 Asthma and COPD worsen
- 2 Asthma Attacks
- 3 Chest Pain and Heart Attacks
- 4 Eye Irritation
- 5 Lung Function Decline
- 6 Lung Tissue Inflammation and Infections
- 7 Shortness of Breath
- 8 Strokes
- 9 Throat irritation and Cough

WATCH

- + Difficulty breathing
- + Cough
- + Chest discomfort/tightness/pain
- + Throat irritation
- + Wheezing
- + Shortness of breath
- + Unusual fatigue



PROTECT



Call your doctor if symptoms increase or medications aren't helping.



Remember that ozone levels are usually lower in the morning.



Limit or eliminate outdoor exercise in high ozone.



Stay indoors and close windows.



Take medications as prescribed.



REDUCE



- Maintain your vehicle.
- Consolidate car trips to once a day.



- Use your vehicle less.
- Bike, walk, car pool or use public transportation.



- Refuel in the evening.
- Mow your lawn in the evening.
- Use low VOC* (volatile organic compound) products.



- Use electric lawn and garden tools.
- Drive an electric, hybrid or fuel-efficient vehicle.



* VOC or volatile organic compound products are solvents that get released into the air as paint dries or from adhesives, cleaning supplies and other items.