





AIR QUALITY INDEX
www.airnow.gov

*Your forecast
to breathe by*



	Good
	Moderate
	Unhealthy for Sensitive Groups
	Unhealthy
	Very Unhealthy

Air pollution sources include:



Ozone pollution basics:

- ✓ Formed by the reaction of pollutants in heat and sunlight

OZONE

NO_x + VOC + Heat & Sunlight = Ozone



A large, fluffy white cumulus cloud dominates the center of the frame, rising from a layer of lower, more horizontal clouds. The sky is a clear, vibrant blue. The lighting suggests a bright, sunny day, with the cloud's surface catching the light and creating soft shadows within its folds.

"Sometimes ozone in the air is a good thing."

Ozone pollution basics:

- ✓ Occurs in warmer months
- ✓ Found in urban and rural areas
- ✓ Can cause health effects
- ✓ A key ingredient of smog

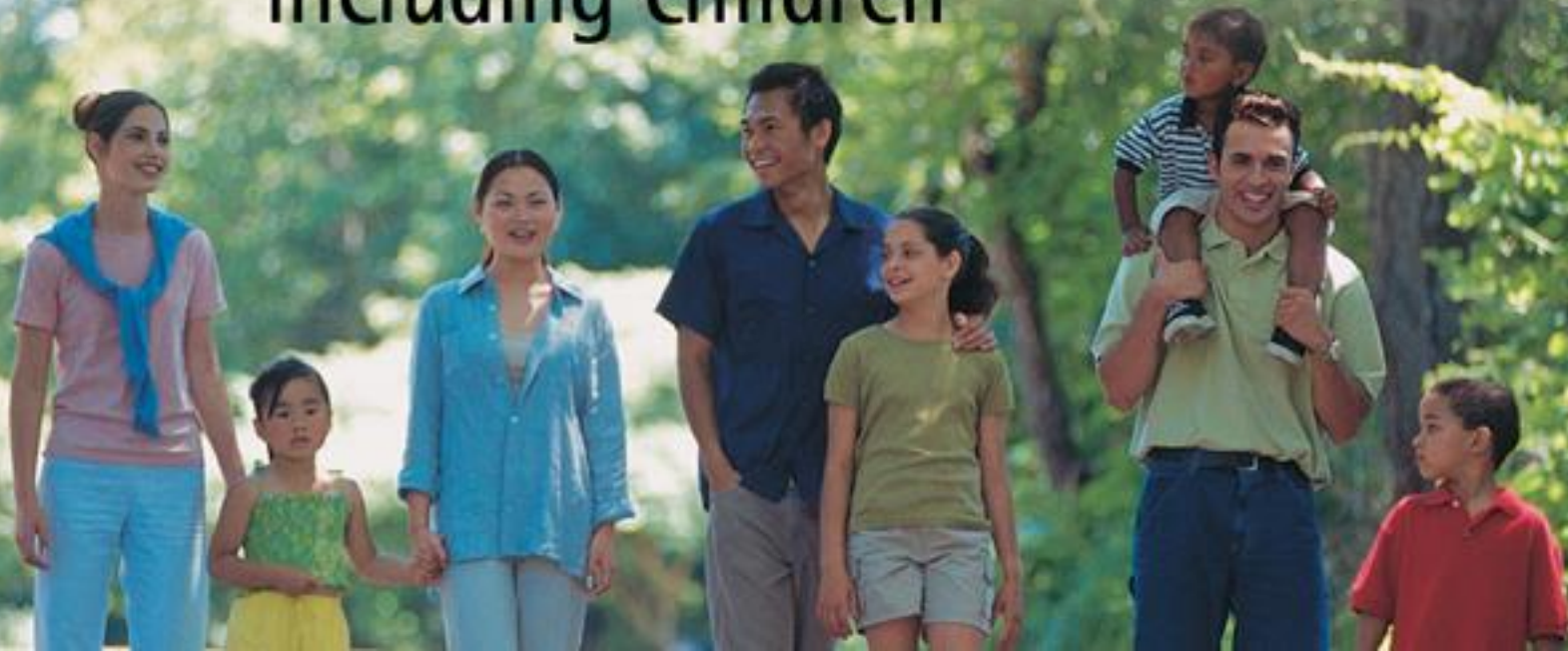
Ozone can cause:

- Coughing
- Pain when taking a deep breath
- Breathing difficulties during outdoor activities
- Aggravated asthma
- Increased susceptibility
- Permanent lung damage



Sensitive groups for ozone:

- People with asthma or other respiratory problems
- People who are active outdoors, including children



Basic facts about particle pollution:

- ✓ Caused by human and natural sources
- ✓ May be bad near busy roads and factories
- ✓ May occur at any time of year
- ✓ May be especially bad in winter
- ✓ May be elevated outdoors and indoors

Particle pollution:

- ✓ Consists of microscopic particles of dust, dirt, smoke, liquid droplets
- ✓ May penetrate deep into the lungs
- ✓ Can cause serious health effects

Particle pollution can:

...Cause:

- Coughing
- Difficult or painful breathing
- Chronic bronchitis
- Premature death in people with heart or lung disease

...Aggravate:

- Asthma
- Heart disease



Sensitive groups for particle pollution:

- People with heart or lung diseases
- Older adults
- Children



Things You Can Do

1. Check the Air Quality Index.
2. Take it easier when you are active outside and the air is polluted.
3. Reduce your exposure to polluted air by changing when or where you exercise.
4. Pay attention to your body.



Help reduce pollution:

- Drive less
- Turn off lights and appliances
- Insulate your home
- Reduce heating and cooling
- Run full loads
- Purchase energy-efficient products





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