

Ozone and Your Health

Do I need to be concerned?

Ozone can irritate your respiratory system, causing you to start coughing, feeling an irritation in your throat, experience an uncomfortable sensation in your chest, and/or make it more difficult for you to breathe deeply.

Even healthy adults can experience ozone's harmful effects, but some people may be at greater risk.

They include:

- People with lung disease such as asthma
- Children, including teenagers, because their lungs are still developing and they breathe more air per pound of body weight than adults
- Older adults
- People who are active and work outdoors

How can I protect myself?

Use the Air Quality Index (AQI) to plan outdoor activities. When you see that the AQI is unhealthy, take simple steps to reduce your exposure:

- Choose a less-strenuous activity
- Take more frequent breaks during outdoor activities
- Reschedule activities to the morning or to another day
- Move your activity inside where ozone levels are usually lower

Ozone and heat

When it's hot and calm Eugene and Springfield's air quality suffers from higher pollution levels.

This is not only unhealthy, but puts Lane County at risk of exceeding national air quality standards.

Keep our air clean

Tips for better air quality:

1. Drive less--consolidate errands into one trip
2. Ride your bike
3. Carpool
4. Take the bus
5. Don't buy higher-octane gasoline than your vehicle needs
6. Turn off your engine while waiting for a train, in long lines, or at drive-throughs
7. Change your oil frequently and recycle old oil
8. Don't top off your gas tank
9. Don't use your air conditioner until you start sweating
10. Avoid using aerosol deodorant, hair spray and air freshener
11. Use electric or push mowers and avoid gas-powered equipment
12. Use a gas barbecue or use a chimney starter to fire up the coals

Air Action Days

When temperatures are high and smog level begin to rise LRAPA will issue a pollution advisory. On these Air Action Days, you can help prevent smog by choosing the tips that work best for you.

Check before you go outside!

www.lrapa.org

541-746-1056

Facebook / Twitter (@LaneRegionalAir)

Air Quality Guide for Ozone:

It all adds up to
cleaner air



The Lane Regional Air
Protection Agency (LRAPA)
monitors ozone levels from



LRAPA
Lane Regional Air Protection Agency

Ozone and The Air Quality Index

What is Ozone?

Ozone is a colorless gas that can be good or bad, depending on where it is. Ozone in the stratosphere is good because it shields the earth from the sun's ultraviolet rays. Ozone at ground level, where we breathe, is bad because it can harm human health.

Ozone forms when two types of pollutants (VOCs and NOx) react in sunlight. These pollutants come from sources such as vehicles, industries, power plants, and products such as solvents and paints.

Why is ozone a problem?

Ozone can cause a number of health problems, including coughing, breathing difficulty and lung damage. Exposure to ozone can make the lungs more susceptible to infection, aggravate lung diseases, increase the frequency of asthma attacks, and increase the risk of early death from heart or lung disease.



We don't want this (above)

to turn into this (below)



The Air Quality Index, or AQI, is a scale used to report actual levels of ozone and other common pollutants in the air. The higher the AQI value, the greater the health concern. As shown in the table below, the AQI scale has been divided into categories that correspond to different levels of health concern. A specific color has been assigned to each AQI category. This color scheme can help you quickly determine if air pollutants are reaching unhealthy levels in your area.

Air Quality Index	Who Needs to be Concerned?	What Should I Do?
Good (0-50)		It's a great day to be active outside.
Moderate (51-100)	Some people who may be unusually sensitive to ozone.	Unusually sensitive people: Consider reducing prolonged or heavy outdoor exertion. Watch for symptoms such as coughing or shortness of breath. These are signs to take it easier. Everyone else: It's a good day to be active outside.
Unhealthy for Sensitive Groups (101-150)	Sensitive groups include people with lung disease such as asthma, older adults, children and teenagers, and people who are active outdoors.	Sensitive groups: Reduce prolonged or heavy outdoor exertion. Take more breaks, do less intense activities. Watch for symptoms such as coughing or shortness of breath. Schedule outdoor activities in the morning when ozone is lower. People with asthma should follow their asthma action plans and keep quick-relief medicine handy.
Unhealthy (151-200)	Everyone	Sensitive groups: Avoid prolonged or heavy outdoor exertion. Schedule outdoor activities in the morning when ozone is lower. Consider moving activities indoors. People with asthma , keep quick-relief medicine handy. Everyone else: Reduce prolonged or heavy outdoor exertion. Take more breaks, do less intense activities. Schedule outdoor activities in the morning when ozone is lower.
Very Unhealthy (201-300)	Everyone	Sensitive groups: Avoid all physical activity outdoors. Move activities indoors or reschedule to a time when air quality is better. People with asthma , keep quick-relief medicine handy. Everyone else: Avoid prolonged or heavy outdoor exertion. Schedule outdoor activities in the morning when ozone is lower. Consider moving activities indoors.
Hazardous (301-500)	Everyone	Everyone: Avoid all physical activity outdoors.