



Date: August 3, 2005

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Lane County Media: 05-12

Hot Weather Reminder

With hot weather forecast for the next few days, LRAPA would like to remind residents that the heat also brings higher concentrations of ground-level ozone or smog, which can result in health problems for some people.

“When we experience temperatures in the 90s, the ozone levels start to climb and air quality begins to deteriorate,” said Kim Metzler, of LRAPA. “There are two problems when this happens: the health impacts it causes for many people, and the possibility of our area bumping up against the federal clean air health standard.”

LRAPA wants to remind people to avoid behaviors that contribute to high ozone levels, such as driving, using gas-powered lawn equipment, using paints and solvents, and refueling vehicles in the heat.

“It’s important people curb these types of behaviors to keep ozone concentrations as low as possible. The result will be fewer adverse health effects on people whose heart and respiratory systems are compromised, and those with asthma,” Metzler said. Ozone can irritate the respiratory system, causing coughing, a sore throat and tightening in the chest; reduce the lungs’ ability to function, making it difficult to breathe deeply; can aggravate asthma, triggering asthma attacks; and aggravate chronic lung diseases, such as emphysema and bronchitis.

“People who are susceptible to problems should avoid prolonged or heavy exercise outdoors. Individuals who exercise outside should avoid doing so in the late afternoon, when ozone levels generally begin to rise,” said Metzler. Ozone forms in the presence of hot temperatures, sunshine and mild breezes. Ozone levels are generally cyclic. During the cool temperatures of the night, levels drop, then begin to rise again during the heat of the day, with the highest concentrations usually after 5:00 PM.

The public can track hourly ozone levels by logging onto the LRAPA website at www.LRAPA.org.

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