

## What can I do to reduce my exposure to ground-level ozone?

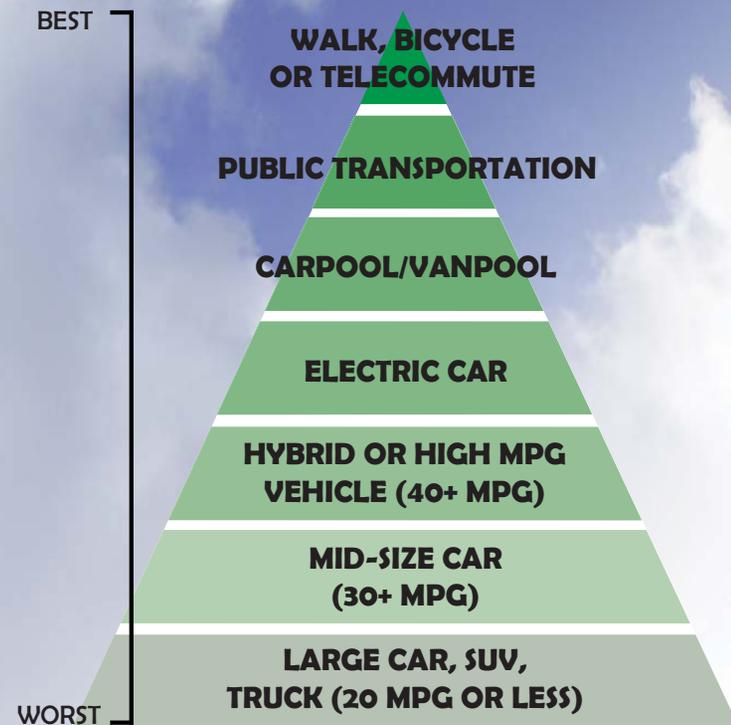
- Learn about the Air Quality Index (AQI) and find out the current level of ozone by signing up to receive Air Quality Alerts at [www.enviroflash.info](http://www.enviroflash.info).
- Limit outdoor activities on moderate to unhealthy AQI days.
- Plan outdoor activities early in the morning or late in the evening, when ozone levels are lower.
- For children with asthma, follow the instructions on your Asthma Action Plan (see [www.pacnj.org](http://www.pacnj.org)).

Air Quality Index (AQI) Values	Levels of Health Concerns	Recommended Actions to Take to Protect Your Health
0 - 50	Good	No health impacts are expected when air quality is in the range (green)
51 - 100	Moderate	Unusually sensitive people should consider limiting prolonged outdoor exertion when air quality is in the range (yellow)
101 - 150	Unhealthy for Sensitive Groups	Active children and adults, and people with respiratory disease, such as asthma, should limit prolonged outdoor exertion when air quality is in the range (orange)
151 - 200	Unhealthy	Active children and adults, and people with respiratory disease, such as asthma, should avoid prolonged outdoor exertion, and everyone else, especially children, should limit prolonged outdoor exertion, when air quality is in the range (red)

For more information, visit  
[www.cleanair.nj.gov](http://www.cleanair.nj.gov)  
[www.state.nj.us/health/epht](http://www.state.nj.us/health/epht)

# Get to the top of the Clean Ride Pyramid

Helping you choose the cleanest way to travel



Choose the smallest, most fuel-efficient vehicle that meets your needs.



## What is Smog?

Ground-level ozone, commonly referred to as smog, is formed when certain air pollutants react in the presence of sunlight, especially in warm weather. Ground-level ozone harms our health when it exceeds federal “air quality standards.”

There are many sources of air pollutants that contribute to smog formation in New Jersey: factories, power plants and even simple consumer goods like paints and cleaning products. But New Jersey’s largest source of smog is the vehicles that we drive.

You can help to reduce smog formation in New Jersey by choosing a vehicle with low emissions and by driving less. Reducing your number of trips and the distance you drive will directly reduce air pollution, especially in the neighborhoods you frequent. Just leaving your personal car at home one day a week to carpool, use the bus or bicycle to work reduces your contribution to smog formation by 20%.

## Did you know that ground-level ozone is a problem in New Jersey’s suburban and rural areas, as well as in its cities?

No matter where you live in New Jersey, ozone concentrations can be of concern. Ozone affects everyone, and 1 in 3 people is at a higher risk for breathing problems.



## Who’s most at risk from ozone exposure?

- Children and young adults
- Adults who work or exercise outdoors
- People with heart or lung-related disease, such as asthma
- Elderly people

## Health and environmental effects

- Burning, painful breathing
- Increased respiratory infections, including pneumonia
- Permanent, reduced lung function
- Damage to plants and crops
- Reduced visibility

## What can I do to reduce ozone?

- Follow the Clean Air NJ Pyramid when choosing a vehicle and getting your child to school and other activities.
- Maintain your vehicle regularly.
- Calculate your emissions and learn about green vehicle choices at [www.epa.gov/otaq/climate/whatyoucando.htm](http://www.epa.gov/otaq/climate/whatyoucando.htm)