

HEALTH EFFECTS OF OZONE

IMMEDIATE EFFECTS

- Increased difficulty breathing
- Inflammation of lung lining
- Impairment of the lung's natural defenses
- Increased episodes of respiratory infections, including pneumonia
- Temporary reduction of lung function (even in healthy adults)
- Increased hospital admissions and emergency room visits
- Excess mucus production
- Increased potential for premature deaths, specifically in people with cardiovascular and respiratory disease

LONG-TERM EFFECTS

- Irreversible changes in lung structure
- Permanent reduction in lung function
- Increased risk of chronic bronchitis and emphysema

WHO'S AT RISK?

- People with unusual susceptibility to ozone
- People with pre-existing lung disease (such as asthma, emphysema and chronic bronchitis)
- Children and young adults who are active outdoors
- The elderly who are active outdoors or who have pre-existing lung disease

FOR UP-TO-DATE 24 HOUR LOCAL AIR QUALITY INFORMATION CONTACT

The New Jersey Department
of Environmental Protection:
www.njaqinow.net/



For more information on CleanAirNJ, visit
www.cleanair.nj.gov

New Jersey Department of Health
Environmental Public Health Tracking Program
www.state.nj.us/health/epht



Clean
Air  NJ



SMOG AND YOUR HEALTH

Do Your Lungs a Favor

New Jersey Department of Environmental Protection
New Jersey Department of Health

KEEPING YOURSELF SAFE FROM SMOG

Know when ground-level ozone (also known as smog) is elevated in New Jersey, and take simple steps to protect your health.

- Sign up for enviroflash @ www.enviroflash.info/ or download the EPA AirNow mobile app to get direct air quality alerts sent to your mobile device and learn what the daily Air Quality Index (AQI) is for your area.
- Pay special attention during the hottest time of the year (May through October), which is the prime season for smog formation.
- When the AQI indicates moderate to unhealthy air for your area, avoid exercising during the hottest part of the day. Move strenuous activities to the early morning or after-dinner hours.
- Spread the word – make sure schools, coaches and recreational officials know how to determine when air pollution levels are elevated so they can act accordingly.

WHAT IS SMOG?

Ozone in the Earth's upper atmosphere protects us, but ground-level ozone—the primary ingredient in smog—is harmful.

It's formed when emissions from cars, power plants and consumer products react in the presence of sunlight, especially in warm weather.

AIR QUALITY INDEX

Air Quality Index (AQI) Values	Levels of Health Concern	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)

YOUR CONTRIBUTION TO CLEAN AIR

- Keep all your vehicles maintained according to the manufacturer's instructions. This will help improve air quality and keep your vehicle running longer and more efficiently.
- Whenever possible, find alternatives to single passenger driving by using public transit (www.njtransit.com), telecommuting, carpooling, walking or biking.
- Practice "trip chaining" by condensing all of your errands into one single trip.
- Don't idle your vehicle for longer than 10 seconds.
- Take care not to spill gasoline when you or others fill the tank of your car, lawn or recreational equipment.
- Don't overfill your gas tank. You or your gas station attendant should "Stop at the Click" to avoid evaporative emissions that cause ozone.
- Tightly re-seal all chemical products – such as solvents, garden chemicals, or household cleaners – and store in a cool space to avoid evaporation.
- Replace solvent-based products which have volatile organic compounds (VOCs) with water-based products whenever possible.
- On moderate ozone days, mow the lawn in the evening hours. Avoid mowing on Unhealthy AQI days.
- Practice energy efficiency at home and at work by turning off and/or unplugging lights, computers, rechargers and other electronics and setting the air conditioning at the highest temperature setting needed for comfort.