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

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.*

- 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.

- When 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.

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**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.

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**AIR QUALITY INDEX**

<table>
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<tr>
<th>Air Quality Index (AQI) Values</th>
<th>Levels of Health Concern</th>
<th>Recommended Actions to Take to Protect Your Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 - 50</td>
<td>Good</td>
<td>No health impacts are expected when air quality is in the range (green)</td>
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<tr>
<td>51 - 100</td>
<td>Moderate</td>
<td>Unusually sensitive people should consider limiting prolonged outdoor exertion when air quality is in the range (yellow)</td>
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<td>Unhealthy for Sensitive Groups</td>
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**YOUR CONTRIBUTION TO CLEAN AIR**

- 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.

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