

What if you could...

keep up with the kids in your sixties?



A few simple choices can pay off in the long run

Think ground-level ozone won't hurt you? Think again. Ozone air pollution can affect anyone — especially asthmatics, children and active adults. In the short term, symptoms of ozone exposure include coughing, throat irritation, chest tightness, shortness of breath and — for people with asthma — attacks requiring medication or a doctor's attention. And over time, ozone air pollution may cause permanent damage to your lungs, making it harder to breathe as you get older.

A healthy habit

Include air quality in your summer plans. Check out the daily Air Quality Index forecast for your area, and protect your lungs today so you can keep on shooting hoops with the kids tomorrow.

Get smarter, breathe easier.

To find out more about ozone air pollution, how it affects your health and what you can do about it, visit www.airnow.gov.

LOCAL LOGO

For information about ozone levels where you live and breathe, check your local newspaper, TV or radio station, or visit [www.local air agency Web address](http://www.localairagency.gov).



A few simple choices can make your day.



If you exercise or work outdoors

Use ozone forecasts to plan your daily activities. Ozone levels vary depending on the time of day and where you live, but generally are highest when it's hottest — in the afternoon and into the evening. So, if you work or exercise outdoors, try taking it a little easier when ozone is expected to be high — on code orange, red or purple days — and you'll breathe less pollution.

What you can do to reduce ground-level ozone air pollution

- Conserve energy:
 - turn off unnecessary lights and appliances
 - clean air conditioner filters often
 - close blinds during the day
 - turn your air conditioner to a slightly higher setting
 - look for the Energy Star label when buying appliances and electronics
- Drive less - share a ride or use public transportation - especially on hot, summer days.
- Keep your car tuned.
- Fill your gas tank after sundown, when it's cooler.
- While you're at the pump, be careful not to spill gasoline.
- Keep car tires properly inflated and wheels aligned.
- Keep household cleaners, oil-based paints, garden chemicals and solvents well-sealed when not in use. Dispose of them properly.

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Tips to reduce your exposure to ground-level ozone air pollution

- Include air quality in your summer plans. Check out the daily Air Quality Index forecast for your area.
- When the AQI is forecast to hit above 100 (code orange, red or purple), limit the amount of time you or your children are actively involved in prolonged, strenuous outdoor activities.
- Plan outdoor activities for the morning or later in the evening, when ozone levels are usually lower.

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