

How You Can Help

In addition to the health precautions you can take to protect yourself from the health effects of ozone, you can also do your part to reduce the ozone problem. Ozone Action! Days are called when weather conditions are favorable for the formation of ground-level ozone. At these times, industries, businesses and all residents are asked to take voluntary actions to reduce the emissions that cause ozone pollution.

Acting! Accordingly

- Carpool, bus, walk or bicycle to work; find other ways to reduce your car use. The fewer cars on our roads, the fewer emissions in our air.
 - Fill up your car's gas tank in the evening
 - Postpone mowing your lawn.
 - Spread the word: tell your family, friends and neighbors what they can do to help and why.
- Ground-level ozone is one of the toughest pollution problems we face. It is dependent on weather conditions and our own actions. Even though we can't even dream of controlling the sun, wind and clouds that contribute to the formation of ground-level ozone, we are capable of making sure our actions are environmentally responsible.

Making A Difference

You can help by joining over 1 million households and hundreds of businesses and organizations to promote clean air. You can choose to "take action" on Ozone Action! Days and to use resources wisely on a regular basis. You can keep your car maintained to manufacturers' specifications and carpool whenever possible. There's a lot you can do that will help keep our air cleaner and Southeast Michigan's residents breathing easier.

To Find Out More

For more information, health tips, or Ozone Action! Day facts and suggestions, here is your list of resources.

Ozone Action!

1-800-66-33-AIR (1-800-663-3247)

webpage: <http://www.semcog.org/ozoneaction>

Clean Air Coalition of Southeast Michigan

(313) 961-4266

webpage: <http://www.semcog.org/ozoneaction>

RideShare (in Southeast Michigan)

(313) 963-RIDE (963-7433)

webpage:

<http://www.semcog.org/programservices/index.html>

American Lung Association

1-800-LUNG-USA (1-800-586-4872)

webpage: <http://www.lungusa.org>

Michigan Department of Environmental Quality

SPECIAL ASSISTANCE TO SOUTHEAST MICHIGAN

(313) 953-0241

ENVIRONMENTAL ASSISTANCE CENTER

1-800-662-9278

webpage: <http://www.deq.state.mi.us/ead/iasect/eac.html>

POLLUTION EMERGENCY

1-800-292-4706

AIR QUALITY DIVISION

(517) 373-7023

webpage: <http://www.deq.state.mi.us/aqd>

United States

Environmental Protection Agency

Region 5: 1-800-621-8431

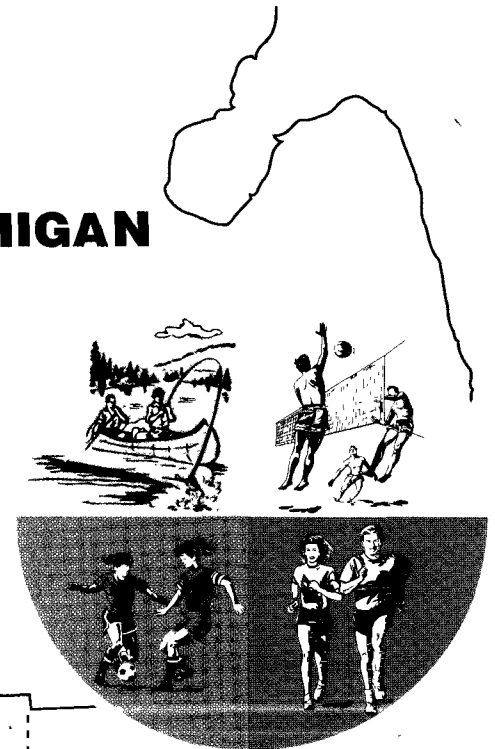
webpage: <http://www.epa.gov/ARD-R5>

United States
Environmental Protection
Agency
Region 5

77 West Jackson Blvd
Chicago, IL 60604
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EPA Ozone Action! For Better Health in Southeast Michigan

MICHIGAN



A Guide for:

People with asthma
**People with other
respiratory ailments**
People who love kids
People who love grandparents
People who exercise
**People who don't
work outdoors**
People who care



OZONE ACTION!

LET'S CLEAR THE AIR.

What Does it Mean To Me?

On an average of 12 days each summer, Southeast Michigan's weather conditions make ozone levels higher and respiratory problems more likely. This affects you whether you live in an urban, suburban or rural area. Ground-level ozone is in all the air we share! **Education and prevention are the best defenses.**

Risks & Concerns

Ozone is of concern to everyone's health, but it is of special concern to people who suffer from asthma and other respiratory problems, children and the elderly.

At high enough levels, ozone can irritate the lungs causing breathing problems, aggravating asthma and worsening respiratory infections, like the flu.

Of Special Concern

ASTHMATICS AND RESPIRATORY PATIENTS:

Ozone can aggravate asthma and other respiratory diseases, causing more asthma attacks, increased use of medication, more medical treatment and more visits to the hospital.

YOUNG CHILDREN:

They spend more time outdoors than adults and, pound for pound, breathe more air (and ozone) into their developing respiratory systems.

THE ELDERLY:

They must be extra attentive to their body's response to higher ozone levels because they are less sensitive to the symptoms of ozone

ACTIVE INDIVIDUALS:

Exercising, working, or playing hard outdoors increases your rate of breathing and the levels of ozone inhaled.

Ozone Action! For Better Health

Ground-level ozone, sometimes referred to as "smog," is created when a mixture of air pollutants "bake" in the hot, summer sun. These pollutants, released from sources such as cars and factories, can be abundant. Southeast Michigan drivers alone emit over 250 tons of pollution per day into the air we breathe. When weather conditions are right, these emissions react to form ground-level ozone

When ozone levels are high in Southeast Michigan the following factors are usually in place:

- sunshine
- blue sky
- high temperatures (over 90°F)
- gentle-to-no wind



To protect yourself, your family and your environment, you can fight back with information and action

The Symptoms

Although ozone is often impossible to see, smell or taste, it can have an observable impact on your health

Shortness of Breath: Ozone can constrict your breathing passages, making it harder to breathe.

Chest Pain: It reacts with lung tissue, often causing swelling of the lungs and chest pain.

Coughing and Wheezing: High ozone levels can irritate your lungs and throat.

Protecting Yourself

You can minimize the health risks associated with ground-level ozone by joining over 1 million other households in taking preventative actions such as.

- Being aware of days when ozone levels are high and
- Acting accordingly!

Practicing voluntary, no-cost actions that reduce airborne pollutants will help reduce ground-level ozone and the health effects associated with it. Also, you can choose to minimize your exposure to ozone by limiting your time outdoors.

The Clean Air Coalition of Southeast Michigan and its team of forecasters keep you posted by announcing Ozone Action! Days when ozone levels are expected to be higher than normal. Announcements are made in the afternoon of the previous day so you have plenty of time to plan your actions.

You can find out about current ozone levels and Ozone Action! Days by paying attention to television, radio and newspaper weather forecasts

In the long term, knowledge and action will be most beneficial to people who have, or could develop respiratory ailments

Education: Know the health effects of ground-level ozone and learn how to avoid them.

Prevention: Take Ozone Action! For Better Health. Encourage others to do the same.

**Do Your Share,
For Cleaner Air!**