



## Ozone Pollution and Your Health

Did you know that ozone pollution, commonly referred to as smog, is harmful to your health? Ozone reacts chemically (“oxidizes”) with internal body tissues that it comes in contact with, such as those in the lung. More than half of the population of the United States lives in areas that have unhealthy levels of ozone pollution.

### **Here are some facts to consider regarding ozone and your health:**

- Ozone pollution lowers lung capacity and contributes to heart attacks and strokes.
- Elevated ozone levels can contribute to chronic bronchitis.
- Air pollution increases the risk of premature death from lung cancer and heart disease. Air pollution contributes to lung disease, which claims close to 341,500 lives in America each year.
- Asthma, which can be triggered by indoor or outdoor air pollution, accounts for about three million lost workdays for adults and 10.1 million lost school days for children.
- Children are more vulnerable to air pollution than adults. They breathe more rapidly, taking in more pollution per pound of body weight.
- Air pollution has been linked to low birth weight.

Now, more than ever, it is important for each of us to do our part to help reduce ozone levels in our region. That’s why we are asking you to take action during Ozone Action Season. Take a look on the back to see how you can help!

Ozone Action Season is a cooperative effort by TMACOG, the Toledo Division of Environmental Services, TARTA, Share A Ride, ODOT, and the OEPA Northwest District. For more information about Ozone Action Season and how you can reduce ground level ozone, please contact the TMACOG Air Quality Committee at 419.241.9155.



## 10 Simple Steps Toward Improving Air Quality

- 1. Trip Chain more often.** It's easy! Chances are you are already doing it – combining your errands into one trip.
- 2. Carpool.** Even if you share a ride just once or twice a week, you'll reduce traffic congestion and pollution. You'll also save money.
- 3. Take mass transit.** Call TARTA at 419-243-RIDE (7433) for route schedules and information.
- 4. Ride your bike.** It's a great way to travel and it will help you shape up the air and yourself!
- 5. Walk or in-line skate instead of driving.** Both are easy ways to get exercise and they're easy on the air.
- 6. Care for your car.** Regular maintenance and tune-ups as well as properly inflated tires can improve gas mileage and reduce your car's emissions by more than one half.
- 7. Get fuel when it's cool!** Refuel during cooler periods of the day – preferably after 6 p.m.
- 8. Don't top off the tank.** Topping off releases gas fumes into the air that can form ozone. Always stop at the "click."
- 9. Know before you go.** Plan your trip ahead of time to avoid unnecessary driving.
- 10. Spread the word.** If everyone took just a few of these simple steps, it could make a big difference in the air we breathe!

