



OZONE AWARE PROGRAM

WHERE DOES OZONE COME FROM?

Ozone, often called smog, forms when sunlight causes reactions between nitrogen oxides and volatile organic compounds.

WHY IS OZONE A PROBLEM?

Ozone can cause a number of health problems, including coughing, breathing difficulty and lung damage.

DO I NEED TO BE CONCERNED?

Even healthy adults can experience ozone's harmful effects, but some people may be at greater risk.

They include:

- Children, including teenagers, because their lungs are still developing and they breathe more air per pound of body weight than adults.
- Older adults, because their bodies are less able to compensate for the effects of environmental hazards.


BE OZONE AWARE

Adjust your physical activities on high ozone days to reduce exposure to air pollution.



Pikes Peak Area
Council of Governments

Communities Working Together



Be aware of the Air Quality Index and Ozone Action Alert days. Get details at www.airnow.gov. Take these simple steps to reduce ozone-causing emissions:

1

Combine trips, carpool, walk, bike or use transit.



2

Fuel up early in the morning or in the late afternoon and always stop at the pump to reduce fumes.



3

Use less gas by keeping your tires properly inflated to increase your gas mileage.



4

Mow or use gas-powered lawn equipment in the evening and use electric tools wherever possible.



5

Conserve energy at home by participating in your local utilities energy conservation program.

