

# Recommendations for Outdoor Physical Activity During Ozone Season (May-September)

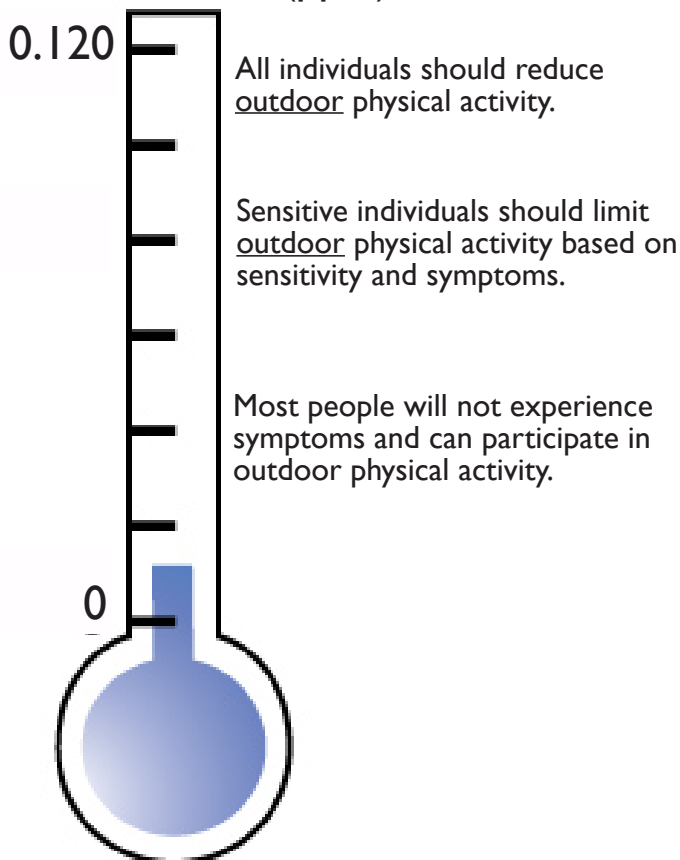


Regular physical activity is important for the health of all adults and children. There are health risks associated with physical activity outdoors when ozone levels are high. Physical activity causes people to breathe faster and more deeply, allowing more ozone to be inhaled. You can protect your health by planning your physical activities according to the following recommendations:

## Recommendations for Outdoor Physical Activity During Ozone Season

- The best time for outdoor summer physical activity is before noon or after 6:00 pm.
- If you are physically active between noon and 6:00 pm:
  - Consider light to moderate activity (i.e., walking instead of running),
  - Consider indoor activities.
- Discuss physical activities with your doctor, especially if you have a lung disease or heart condition.

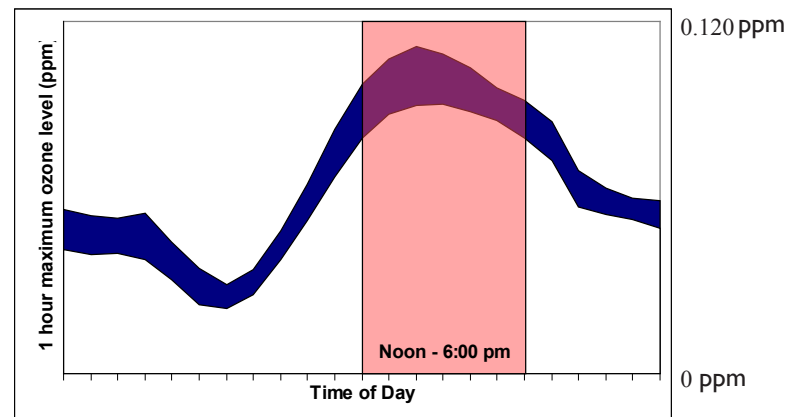
### Ozone Level (ppm)



Ozone is created by the sun's heat and light acting upon gases and pollution in the atmosphere. The ozone molecule is the same in ozone air pollution and in the ozone layer, but the ozone layer is 6 to 30 miles above the surface of the earth.

Ozone levels are higher:

- In the summer - especially hot sunny days,
- In the afternoon, and
- Outside



Ozone levels are predictable throughout the day. This chart shows typical summer day ozone level patterns. The best time for outdoor physical activity is before noon or after 6:00 pm.

To check current ozone levels visit [www.airquality.utah.gov](http://www.airquality.utah.gov) and click "current conditions."

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## Populations at Higher Risk of Ozone Sensitivity

- People with lung diseases like asthma
- People with heart conditions
- Children
- Seniors
- People with allergies
- People who work outdoors
- People who exercise outdoors

## Know Your Ozone Level

Track ozone levels and your symptoms to plan physical activity. A tracking sheet with instructions is available at [www.health.utah.gov/asthma](http://www.health.utah.gov/asthma). Current ozone levels are available at [www.airquality.utah.gov](http://www.airquality.utah.gov) (click on “current conditions”).

## Symptoms from Ozone Exposure

Symptoms can be felt immediately or one or more days after ozone exposure, and can include:

- Difficulty breathing
- Chest tightness or coughing
- Eye, nose, or throat irritation
- Increased allergy symptoms
- Increased asthma symptoms

## Long-term Health Effects from Repeated Ozone Exposure

Ozone causes inflammation and damage to the cells that line your lungs. Repeated ozone exposure could lead to the following:

- Development of chronic obstructive pulmonary diseases (COPD)
- Development of asthma
- More severe respiratory infections
- Decreased lung function

## For More Information:

Current Air Quality Conditions: [www.airquality.utah.gov](http://www.airquality.utah.gov)

Ideas on Reducing Ozone Pollution: [www.cleanair.utah.gov](http://www.cleanair.utah.gov)

Sign Up for Air Quality Alerts: [www.cleanair.utah.gov](http://www.cleanair.utah.gov)

Utah Ozone Data: [ibis.health.utah.gov/indicator](http://ibis.health.utah.gov/indicator) click on “Ozone”

Environmental Protection Agency: [www.epa.gov/Ozone/](http://www.epa.gov/Ozone/)

Asthma and Air Quality: [www.health.utah.gov/asthma](http://www.health.utah.gov/asthma)

Physical Activity Recommendations: [www.healthfinder.gov/prevention](http://www.healthfinder.gov/prevention) click on “Get Active”

