

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

Regular physical activity is important for your health. But 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. These recommendations will help you protect your health during ozone season:

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.

Recommendations for Outdoor Physical Activity Based on Air Quality Index (AQI) and Ozone Levels

To check current ozone levels visit www.air.utah.gov and click "current conditions."

AQI Index Values	Ozone Range (ppm)	Health Categories	Cautionary Statements
0 - 50	0.0 - 0.054	Good	None
51 - 100	0.055 - 0.070	Moderate	Unusually sensitive people should consider limiting prolonged outdoor exertion.
101 - 150	0.071 - 0.085	Unhealthy for Sensitive Groups	Active children and adults and people with respiratory disease such as asthma should limit prolonged outdoor exertion.
151 - 200	0.086 - 0.105	Unhealthy	Active children and adults and people with respiratory disease such as asthma should avoid prolonged outdoor exertion. Everyone else, especially children, should limit prolonged outdoor exertion.
201 - 300	0.106 - 0.200	Very Unhealthy	Active children and adults, and people with respiratory disease such as asthma, should avoid all outdoor exertion. Everyone else, especially children, should limit outdoor exertion.
301 - 500	Over 0.201	Hazardous	Everyone should avoid all outdoor exertion.

Populations at Higher Risk of Ozone Sensitivity Include:

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

Symptoms of 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

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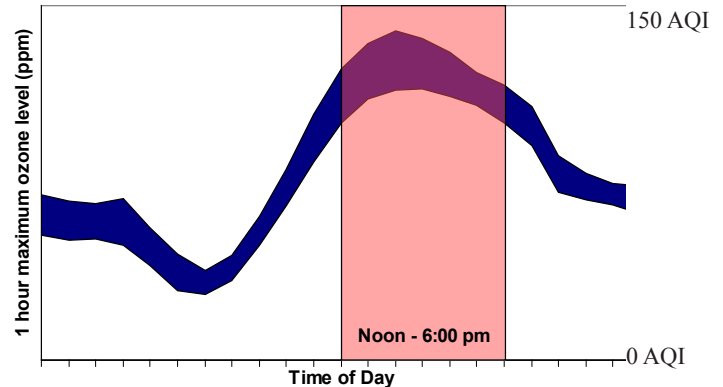
Ground-Level Ozone Basics and Patterns

Ground-level ozone is created by the sun's heat and light acting upon gases and pollution in the atmosphere.

Ozone levels are usually higher:

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

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



Know Your Ozone Level

Track ozone levels and your symptoms to plan physical activity. A tracking sheet with instructions is available at health.utah.gov/asthma.

Current ozone levels are available at air.utah.gov (click on "current conditions")

Long-term Health Effects of Repeated Ozone Exposure

Ozone causes 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: air.utah.gov

Air Quality and Health: health.utah.gov/utahair/

Ideas on Reducing Ozone Pollution: ucair.org

Environmental Protection Agency: epa.gov/ozone-pollution

Asthma and Air Quality: health.utah.gov/asthma