Outdoor Physical Activity During Ozone Season (May-September)

Use this chart to track the ozone level and your symptoms

### To track symptoms
- Identify your symptoms (e.g., coughing, wheezing, eye, nose or throat irritation, etc.). Symptoms can be felt immediately or one or more days after ozone exposure.
- Check current ozone levels at [www.airquality.utah.gov](http://www.airquality.utah.gov). Click on “current conditions.”
- Adjust your activities to reduce or eliminate your symptoms.
- Talk to your doctor about symptoms.

<table>
<thead>
<tr>
<th>Date/Time</th>
<th>Ozone Level</th>
<th>Symptoms</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 3, 3:00 PM</td>
<td>0.075 ppm</td>
<td>Coughing</td>
<td>Running outside for 30 minutes</td>
</tr>
</tbody>
</table>

Example