

The average adult
breathes over 3,000
gallons of air each day.

But that air may not be as clean as it
looks — especially during the summer
months when a pollutant called **ground-
level ozone** is more likely to form.

ADDITIONAL RESOURCES

Asthma and Allergy Foundation of America,
Greater Kansas City Chapter, 816/333-6608, www.aafakc.org

American Lung Association of the Central States,
816/842-5242, www.texaslung.org

Children's Mercy Hospitals and Clinics, 816/234-3000,
www.childrens-mercy.org

Black Health Care Coalition, Inc., 816/444-9600,
www.bhccckc.org



Mid-America Regional Council Air Quality Program
600 Broadway, Suite 200, Kansas City, Mo.
www.marc.org/airQ | airQ@marc.org | 816/474-4240



MID-AMERICA
REGIONAL COUNCIL
AIR QUALITY PROGRAM

how does air
pollution affect you?



Protect your health and reduce pollution

WHAT IS GROUND-LEVEL OZONE?

Ground-level ozone is a pollutant that forms when man-made emissions from sources such as cars, lawn mowers and industry react with heat and sunlight. Ozone pollution is the primary component of smog, but ozone itself is invisible, so high concentrations can be present even when the air looks clear.



WHO IS SUSCEPTIBLE TO OZONE POLLUTION?

Ozone pollution is a problem for everyone, but it can be especially dangerous for these sensitive groups:

- **People with breathing or heart problems.**
- **Children**, whose lungs are still developing.
- **Older adults**, who are more likely to have pre-existing health conditions.
- **Active people** who exercise or work outdoors.

HOW CAN OZONE POLLUTION AFFECT ME?

Immediate effects

- Irritates your respiratory system, which can cause coughing, chest pain and difficulty breathing.
- Aggravates asthma, emphysema, chronic bronchitis and other chronic lung conditions.
- Makes your lungs more susceptible to infection.
- May make breathing uncomfortable, or more shallow or rapid than normal.

Longer-term effects

- Inflames and damages the lining of your lungs.
- May increase individual and public health-care costs due to more doctor and hospital visits.
- May increase school or work absences for health reasons.
- Causes permanent lung damage, especially for children who are repeatedly exposed to ozone pollution.



GOOD

MODERATE

ORANGE ALERT

RED ALERT

The SkyCast

REDUCE YOUR EXPOSURE

Sign up to receive the **SkyCast**, which issues **Ozone Alerts** when pollution is expected to be high. Visit www.marc.org/Environment/airQ/ozone_signup.asp or [www.twitter.com/airQKC](https://twitter.com/airQKC). Most local news stations also report Ozone Alerts.

When there is an alert, take the following actions to protect your health and reduce pollution:

- Schedule outdoor exercise before 10 a.m. or after 7 p.m.
- Postpone mowing your lawn or refueling your car, or do so after 7 p.m.
- Drive less — carpool, take the bus, or postpone errands. Don't leave your engine running for more than 30 seconds when parked.