

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

AQI Index Values	Ozone Range (ppm)	Health Categories	Cautionary Statements
0 - 50	0.0 - 0.059	Good	None
51 - 100	0.060 - 0.075	Moderate	Unusually sensitive people should consider limiting prolonged outdoor exertion.
101 - 150	0.076 - 0.095	Unhealthy for Sensitive Groups	Active children and adults and people with respiratory disease such as asthma should limit prolonged outdoor exertion.
151 - 200	0.096 - 0.115	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	0.116 - 0.374	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 0.374	Hazardous	Everyone should avoid all outdoor exertion.

To check current ozone levels visit www.airquality.utah.gov and click “current conditions.”

More information is available at <http://1.usa.gov/I26M3IN>

Populations at Higher Risk of Ozone Sensitivity Include:

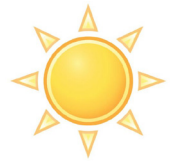
- People with lung diseases like asthma
- People with heart conditions
- Children
- Seniors
- People with allergies
- People who work outdoors
- People who exercise outdoors

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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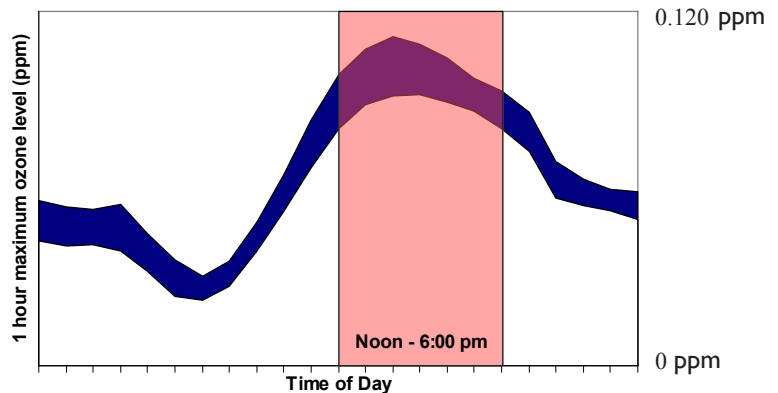


Ozone is created by the sun's heat and light acting upon gases and pollution in the atmosphere.

Ozone levels are higher:

- In the summer - especially on hot, sunny days,
- In the afternoon, and
- 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 www.health.utah.gov/asthma. Current ozone levels are available at www.airquality.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: www.airquality.utah.gov

Sign Up for Air Quality Alerts & Ideas on Reducing Ozone Pollution: www.cleanair.utah.gov

Utah Ozone Data: ibis.health.utah.gov/indicator click on "Ozone"

Environmental Protection Agency: www.epa.gov/Ozone/

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

Air Quality Index and Health: <http://1.usa.gov/I26M31N>

