

# Air Quality and Activity: Actions to Protect Health from Ozone Pollution

The health benefits of regular exercise and spending time outdoors are well documented. The longer you are active outdoors and the more strenuous your activity, the more you need to pay attention to air quality and, if necessary, take actions to limit exposure. Air quality forecasts are a great tool to help you determine whether normal outdoor activity is a good choice, or if you need to modify exercise plans. Common sense is your best guide.

## Know when air pollution may be unhealthy.

- Sign up for ozone forecasts at [www.cleanairupstate.org](http://www.cleanairupstate.org).
- Visit [www.scdhec.gov/ozone](http://www.scdhec.gov/ozone).

## When air quality is unhealthy, adjust when, where, and how you exercise.

- Schedule outside activities for morning, when there is less ozone.
- Avoid exercising near busy roads.
- Change your activity so it is less intense (e.g., walk instead of jog).
- Reduce the amount of time you spend on the outdoor activity (jog for 20 minutes instead of 30).
- Go inside to exercise. An air conditioned space will have lower levels of ozone.

## Listen to your body.

- Air pollution can cause symptoms, like coughing, wheezing, chest discomfort, and a burning feeling in the lungs. These are signs to take it easier.
- Air pollution can make asthma symptoms worse and trigger attacks.
- If you get asthma related symptoms when the outdoor air quality is poor, stop your activity. Find another, less intense activity.

## For those with asthma, keep any quick-relief medicine on hand when you're active outdoors.

- That way, if you do have symptoms, you'll be prepared.
- This is especially important if you're starting a new activity that is more intense than you are used to.

Air Quality Level	Who Needs to Modify their Outdoor Activities?
<b>GOOD</b> <i>green</i>	No identified groups
<b>MODERATE</b> <i>yellow</i>	Individuals who are unusually sensitive to ozone
<b>UNHEALTHY FOR SENSITIVE GROUPS</b> <i>orange</i>	<ul style="list-style-type: none"> <li>• People with a lung disease (like asthma)</li> <li>• Children</li> <li>• Older adults</li> <li>• People who are active outdoors</li> </ul>
<b>UNHEALTHY</b> <i>red</i>	Everyone
<b>VERY UNHEALTHY</b> <i>purple</i>	Everyone should avoid all outdoor activities

## What to Do (Or Not Do) on Air Quality Alert Days to Help Reduce Pollutant Levels

### Individual

- Be aware of the Ozone Forecast for your area
- Whenever possible pump gasoline only in the late afternoon or evening (preferably after 6 p.m.)
- Limit use of gas powered lawn mowers and blowers to the evening hours
- Turn off vehicle when parked to reduce emissions from idling
- Go inside banks, dry cleaners, fast food restaurants and other places with drive-thru windows instead of waiting in your vehicle
- Avoid outdoor burning

### Business or Institution

- Post Ozone Forecasts for employees and customers
- Create "no idling zones" in parking lots
- Restrict idling in company vehicles
- Limit pumping of gasoline in company vehicles to late afternoons
- Conserve energy by turning off lights when you are not using them

### Local Government

- Post Ozone Forecasts in all public buildings
- Create "no idling zones" in parking lots
- Restrict idling in city/county vehicles
- Limit pumping of gasoline in city/county vehicles to late afternoon or evening
- Limit lawn service at city/county facilities to late afternoons
- Encourage residents to avoid outdoor burning



For more information and to sign up for Ozone Forecasts: [www.cleanairupstate.org](http://www.cleanairupstate.org)

