

The logo for Ozone Action Days features a circular gauge with a needle pointing to the right, divided into colored segments (red, orange, yellow, green, blue). To the right of the gauge, the word "ozone" is written in a large, dark blue, sans-serif font, with the letter 'o' containing a stylized globe. Below "ozone", the words "action days" are written in a smaller, dark blue, sans-serif font.

# ozone action days

**AN OZONE ACTION ADVISORY HAS BEEN DECLARED FOR TOMORROW, MONTH DAY, 2003. The ozone forecast is ORANGE, which means that outdoor activities may be unhealthy for sensitive groups.**

**Counties affected are Pulaski, Faulkner, Lonoke and Saline.**

**Active children and adults, and people with respiratory diseases, such as asthma, should **limit** prolonged outdoor exertion.**

**ON OZONE ACTION DAYS AND DURING THE OZONE SEASON** (May-September) -- public agencies, private business and the public in general should take voluntary actions to reduce ground-level ozone formation and minimize ozone related health risks.

**TO HELP REDUCE OZONE FORMATION** -- Limit automobile use by carpooling, walking or riding the bus. Avoid driving during congested "rush hour" traffic and at lunchtime. Postpone or combine errands. Replace face-to-face meetings with conference calls. If possible, telecommute and participate in flextime or compressed-work-weeks. Keep your car well tuned and avoid jackrabbit starts and excessive idling. Avoid use of oil-based paints and solvents. Refuel motor vehicles and mow lawns during the late afternoon or evening hours only.

**THOSE MOST AT RISK TO OZONE EXPOSURE** -- children, the elderly, and persons with breathing problems. High ozone concentrations may reduce visibility, aggravate pre-existing respiratory illness (e.g., asthma, bronchitis, common colds, emphysema, influenza and pneumonia), and even cause symptoms in normally healthy persons who engage in strenuous physical activity outdoors (e.g., athletes, construction workers, farmers and joggers). Symptoms of ozone exposure may include shortness of breath, coughing, wheezing, headaches, nausea, and eye and throat irritation. These symptoms usually disappear within a few hours after going indoors. If symptoms persist or become severe, seek medical attention immediately.

**To learn more about ozone action days** go to [www.ozoneactiondays.org](http://www.ozoneactiondays.org) or contact Metroplan at (501) 372-3300.

**To check the daily ozone forecast** go to [www.adeg.state.ar.us/air/ozone/ozonedays.asp#Forecast](http://www.adeg.state.ar.us/air/ozone/ozonedays.asp#Forecast) or contact the Arkansas Department of Environmental Quality at (501) 682-0736.

**To learn more about the health effects of ozone** go to [www.epa.gov/airnow/publications.html#health](http://www.epa.gov/airnow/publications.html#health) or contact the Arkansas Department of Health at (501) 661-2898.

**Send questions and comments to** [comments@metroplan.org](mailto:comments@metroplan.org)