

Clean Air Partners

presents





Do you live in the greater metro Baltimore-Washington region?

IF SO, LISTEN UP. Air quality affects you, and you affect your air quality.

Read on for some simple changes you can make to improve the air we breathe.

How's Our Air?

Our region's air quality is on the upswing-but, there is always room for improvement. Tighter emission controls and air quality programs like Clean Air Partners are making a difference-let's keep working together to reduce our air pollution.

What Is Ozone Pollution? Gases called Nitrogen Oxides (NOx) and Volatile Organic Compounds

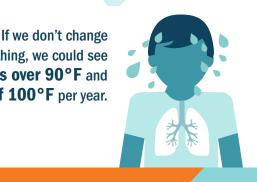
(VOCs) react to form ground-level ozone in the presence of heat and sunlight. We breathe this in with every breath.

Yuck.



OZONE POLLUTION COMES FROM passenger vehicles, dry cleaning, solvents, gas stations, gas lawn tools, tractors, airplanes, boats, power plants, and factories.

something, we could see 3 x more days over 90°F and 10 x more days of 100°F per year.



THE INCREASED HEAT WILL **RESULT IN EVEN WORSE AIR** POLLUTION—A VICIOUS CYCLE!

How it affects us

If you, your child, or a family member is sensitive to air quality. take proper precautions during ozone season (May-September).

EVERYONE

from pollution. These sensitive groups are particularly affected:

in the greater metro Baltimore-Washington region is at risk

CHILDREN have higher

respiratory rates and spend a lot of their time outside (23% of people in our region)

SENIORS (65+) Illnesses are aggravated by

ozone, resulting in more hospital admissions (11% of people in our region)

RESPIRATORY and/or **PULMONARY**

People with

conditions (20% of people in

our region)

ATHLETES Exercising outside

during ozone season can be dangerous. If you feel pain while breathing after exercising, it means you've been exposed to ozone















Visit CleanAirPartners.net to discover additional steps you can take to improve our region's air quality and protect your health.

Download the Air Quality App to stay in the know about your air quality. If you need to clear app space on your phone, maybe it's time to delete Candy Crush?

