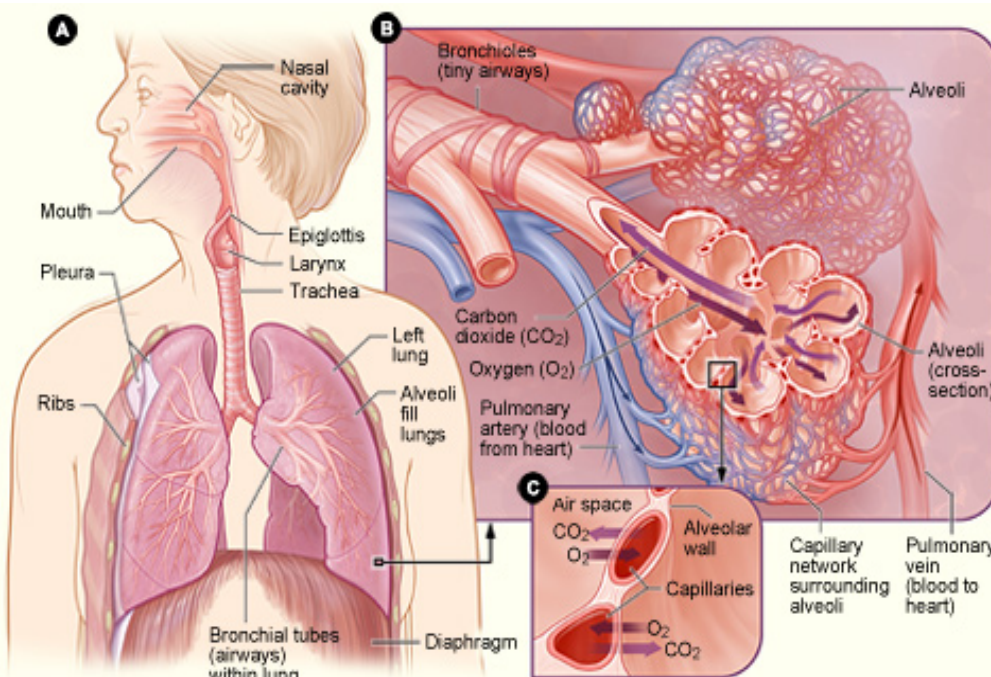
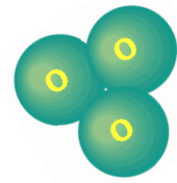


June

GROUND - LEVEL OZONE



U.S. Dept. of Health & Human Services – National Heart Lung & Blood

Ozone can

- Irritate your respiratory system
- Reduce lung function
- Aggravate asthma
- Inflamm & damage the lining of your lung

WHO IS MOST AT RISK FROM OZONE?

- Active children are most at risk because they often spend a large part of their active summer vacation outside. Asthma is the most common chronic disease for children.
- Active adults who are exercising outside & are exposed to ozone more than sedentary indoor adults.
- People with respiratory diseases like asthma or emphysema are impacted by ozone because they are more sensitive to ozone earlier & at lower levels than healthy

Protect your respiratory system.

Know your Daily Ozone AQI!

Call 311 or 768-4734

Plan your more strenuous exercises for the cool hours of the morning or evening.

Keep walking, biking & bussing to prevent ozone from forming.



Martin J. Chávez, Mayor

**City of Albuquerque
Environmental Health Department
Air Quality & Vehicle Pollution Management
Divisions**



John W. Soladay, Director

Notice to persons with disabilities: If you have a disability and require special assistance, please call 311 (voice). TTY users please call the New Mexico Relay at 1-800-659-8331.