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Poor outdoor air quality risks are higher for individuals with asthma and other chronic lung conditions, senior citizens, individuals with a compromised immunity, and those with heart disease.



Air Quality

Reports of poor air quality are common during the warm weather months. Two types of threats to air quality are the most frequent - ground level ozone and particle pollution.

Particle pollutants are tiny particles of dust, dirt, soot, and smoke. Research suggests that particle pollutants can contribute to heart disease, lung cancer, and asthma. Further, research suggests that high levels of particle pollutants can impact the birth weight of children.

Ground level ozone has been linked to the reduction of lung function and to lung irritation. Visit the US EPA's website at

www.epa.gov/outdoor-air-quality-data to obtain the Air Quality Index (AQI) data. Reports of poor AQI may also be promoted through television, radio, newspaper, social media, and interstate sign announcements. To obtain local AQI data, please visit the website for Hamilton County Department of Environmental Services at: <https://www.hcdoes.org/197/Current-Air-Quality>

Ozone and Your Health

Who is most at risk?

Ozone can impact everybody, although some people are more sensitive to it than others. The following people are most likely to suffer from ozone-related health effects:

- People suffering from asthma or other lung problems
- Senior citizens
- People of all ages who work out or exercise outside
- Infants and children

How can ozone affect my health?

If you suffer from asthma, bronchitis, or emphysema, ozone might aggravate your symptoms. Ozone has also been associated to the following:

- Coughing and discomfort when taking a big breath
- Irritation of the lungs and throat
- Wheezing and difficulty breathing while exercising or participating in outdoor activities