

Be Ozone Aware

Ozone and your Health

Ozone found high in the Earth's atmosphere is helpful for humans because it protects us from harmful radiation from the sun. Lower in the atmosphere, ozone is formed from the mixing of pollutants at ground-level. High levels of ozone in the lower atmosphere can cause health concerns for sensitive people, particularly the elderly, young children and those with asthma or other respiratory problems.

Health symptoms include throat irritation, chest pains, coughing, and breathing difficulty. If you are concerned about how ozone may be affecting you, it is encouraged to see your doctor and talk to your [local public health agency](#). You can check current ozone levels and real time air quality summaries in your area by visiting [our website](#).

Learn more:

- [General Information](#)
- [EPA](#)
- [CDC](#)

What can YOU do?

- Take public transportation
- Eliminate car trips
- [Simplestepsbetterair.org](#)
- Avoid smoking in public places
- Check local [air quality](#) and plan outdoor activities accordingly
- Control mold in your home by keeping humidity levels down and fixing water leaks
- Learn more about [asthma triggers](#)

World Asthma Day:

World Asthma day is an annual global awareness day that takes place on the first Tuesday of May. People with asthma are more sensitive to poor air quality and irritants such as smoke, pollen, or ozone in the air. Researchers have also found that there are more hospitalizations due to asthma when there is more particulate matter or dust in the air. If you have asthma, it may be best to avoid going outside or doing any strenuous activities when there is an air quality advisory in your area. Find out more about [air quality in your area](#) and how it may affect people with asthma.



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