

Summer Air Quality Tips for Colorado Front Range residents

Ground-level ozone is one of the Front Range's most pressing air quality issues each year. This invisible pollutant forms and builds up when emissions react on hot, sunny summer days.

Why does ozone matter?

Ozone has many negative short-term health impacts, which can include:

- Irritates throat & lungs
- Shortness of breath
- Can worsen asthma

How you can protect your health:

- Reduce intensity of outdoor activity in the afternoons
- Exercise outdoors instead in mornings & later evenings
- Stay inside / workout indoors during peak afternoon ozone

What is an ozone action day alert?

During the summer months, *Simple Steps. Better Air.* and the Regional Air Quality Council issue alerts with the Colorado Department of Public Health and Environment, when ozone levels reach unhealthy concentrations, to help residents protect their health and reduce their emissions.

Want to know when it matters most?

Some days require extra care. Sign up for summer ozone alerts to know which days to take simple steps that make a difference for your health and your community.

Sign up for ozone alerts at **SimpleStepsBetterAir.org** or Text "**BetterAirCO**" to **21000**



A program of the  **RAQC**
REGIONAL AIR QUALITY COUNCIL