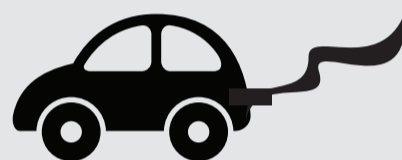


# CDC'S ENVIRONMENTAL PUBLIC HEALTH TRACKING ASTHMA & AIR POLLUTION

PARTICLES IN THE AIR LIKE DUST, DIRT, SOOT, AND SMOKE ARE CALLED  
**PARTICULATE MATTER & CAN CAUSE**

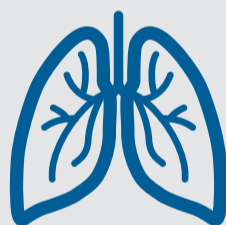
Increased hospital visits  
Worsened asthma symptoms  
Adverse birth outcomes  
Breathing problems  
Decreased lung growth in kids  
Lung cancer  
Early death



## GROUND-LEVEL OZONE

Forms when pollutants from cars and trucks, power plants, factories, and other sources come in contact with each other in heat and sunlight. Factors such as weather conditions and intensity of sunlight also play a part in how ozone is formed. Ground-level ozone is one of the biggest parts of smog, and it is usually worse in the summer months.

## WHO'S AT RISK?



People with heart or lung disease, infants, children with asthma or who spend a lot of time outdoors, older adults, and active people of all ages who exercise or work hard outdoors

## WHAT CAN YOU DO?

- Check the daily air quality forecast via newspaper, TV, radio, or online at <http://airnow.gov> to learn when particle levels are unhealthy
- Reduce the amount of time outside when pollution is high
- Plan outdoor activities when ozone levels are lower, usually in the morning and evening
- Exercise away from roads and highways. Particle pollution is usually worse near these areas
- Do easier outdoor activities, such as walking instead of running or using a riding lawn mower instead of a push mower

**LEARN MORE**

[www.cdc.gov/ephtracking](http://www.cdc.gov/ephtracking)

