



Air Quality Awareness

Get a report about the *Quality of Air* in New Jersey to help manage asthma triggers at <http://www.airnow.gov/index.cfm?action=airnow.fcsummary&stateid=35>

There are many kinds of air pollution. Ground level ozone and particle pollution are two common types of air pollution found in New Jersey:

Ground-level ozone (sometimes called smog):



- **Ground-level ozone** forms when pollutants from cars, trucks, power plants, industries, and some consumer products “cook” in the sun. (usually between 2 pm and 8 pm, May through September)
- Can trigger (aggravate) **asthma** symptoms
- Makes people more sensitive to allergens which are the most common triggers for asthma episodes (allergens come from dust mites, cockroaches, pets, mold and pollen. Get a list of the **Top Ten Actions to Control Asthma Triggers in Your Home** at our website at www.pacnj.org)
- Ground level ozone is not the same as the natural protective layer of ozone in the upper atmosphere which protects us from the sun’s harmful ultraviolet rays

Particle Pollution:

- Comes from factory and utility smokestacks, vehicle exhaust, wood burning, mining, construction activity and agriculture
- **Particle pollution**, also called particulate matter, consists of microscopic particles in the air we breathe
- High concentrations of particles in the air have been found to present a serious danger to human health – especially harmful to people with lung diseases like **asthma** and **chronic obstructive pulmonary disease (COPD)**



For Your Health: actions to take when ground-level ozone and/or particle pollution reach unhealthy levels:

- Call 800-782-0160 (NJDEP) for a recorded summary of the day’s pollution forecast for New Jersey
- Children and people with asthma should reduce outdoor activities
- Plan most strenuous outdoor activities for the early morning hours before ozone levels climb or plan for an activity that requires less exertion
- Keep all outdoor activities as far as possible from busy roadways and other sources of pollution
- Make sure your child’s coaches, camp directors and child care providers are aware of the health risks of air pollution and have policies in place to protect children when air quality is unhealthy. Visit www.lunginfo.org to learn about Camp Superkids - Asthma Camp in New Jersey.

You can help reduce air pollution:



- Properly maintain your vehicle – get tune ups, change the oil, check tire inflation. Make sure your car’s gas cap fits properly
- Refuel cars during cooler periods of the day or after dusk and do not “top off” your tank
- Avoid unnecessary trips or consolidate trips and limit idling your car
- Carpool or use public transportation, walk or bike
- Limit the use of gasoline powered mowers
- Use water-based paints
- Barbecue without starter fluid

More helpful websites: EPA site on asthma: www.noattacks.org, air pollution: www.airnow.gov, American Lung Association www.lungusa.org , NJ Department of Environmental Protection: www.state.nj.us/dep