

Healthy Hints To Know

While bad ozone or smog hurts everyone, there are four groups of people who should be extra careful when smog levels rise.

People who want to play or work outdoors are the most at risk. More activity causes people to breathe faster and more deeply. When they breathe deeper, ozone goes deeper into their lungs. If bad ozone goes deeper into their lungs, these people can get very sick.

The four groups of people who should be very careful when smog levels rise are:

- **Children** – in the summer they love to play outdoors. Some children have a breathing problem called “asthma,” and bad ozone can irritate their lungs and make them very sick.
- **Active Adults** – people who like to exercise or do lots of work outside in the summer are exposed to high levels of bad ozone.
- **People With Respiratory (Breathing) Diseases** – asthma and other breathing problems make lungs weaker. Bad ozone will affect these people much sooner and with smaller amounts than it does people who don't have breathing problems.
- **People Who Are Sensitive To Ozone** – scientists are working to discover why some people who are usually healthy and have no breathing problems become sick when they are exposed to bad ozone.

