What you can do about Edna Ozone

Ozone can be harmful to your health, especially in places where there is a lot of sunlight and hot weather. Arizona is a very hot and sunny place in the summer, so it is important to be aware of “bad” ozone in the air.

Watch the weather!
• On days when the air pollution level is high, go outside early in the day
• When it is very hot outside, stay indoors
• Stay away from places where there is a lot of traffic

You can help stop ground-level ozone from forming. Look at the list below and be sure to share with friends and parents!
• Bike, walk, carpool, skateboard, or ride the bus to get where you need to go instead of driving.
• Encourage your family to do all your errands on the same trip to save gas.
• Ask your parents to turn off the car engine when they are waiting to pick you up from school.
• Avoid drive-throughs. Park the car and walk in.

Word Find

Ozone is great when it’s way up high, but sure causes us a lot of problems down here near the ground!
What is ozone? Ozone is a gas in the air. There are two different kinds of ozone: “good” ozone and “bad” ozone.

What does “bad” ozone do to our bodies? Most people are okay if there is a small amount of ozone in the air they breathe. When the ozone level is high, many things can happen to your body:

• Your lungs do not work as well as they should
• More people cough and feel like they have trouble breathing, especially people with asthma
• Kids who live in areas where ozone is high a lot of the time may have changes in how their lungs grow that make it harder for them to breathe

Scientists notice that more people get sick when ozone levels are high. Those most likely to be harmed by ozone are:

• People with asthma and other lung diseases
• Athletes who exercise outdoors, especially near traffic
• Older people
• People who live for a long time in areas with high ozone levels
• People who have genes that make them react more to ozone

Sources: Environmental Protection Agency, Centers for Disease Control and Prevention

Ozone is sometimes good and sometimes bad

“Good” ozone is found in a layer way up in the stratosphere – about 31 miles above the earth – and helps protect us from the sun’s ultraviolet (UV) rays. “Bad” ozone is found near the ground in the troposphere. You breathe this ground-level ozone. Since ozone can be “good” or “bad” depending on where it is in the atmosphere, remember: Good up high, bad nearby!

Bad ozone is created when sunlight and heat bake gases produced by cars, factories and other sources

(sunlight and heat) + (pollution) = O₃ (O₃ is the chemical symbol for ozone)