



# Ozone Campaign Newsletter Articles

## Option 1

As residents of Maricopa County, we're all familiar with the intense summer heat, longer days, and increasing temperatures. What many people don't realize is that ground-level ozone, a harmful air pollutant, also increases during the summer.

Ground-level ozone forms when emissions from our daily lives react to the Valley's intense sunlight and heat. Unlike the stratospheric ozone layer, which protects us from the sun's damaging UV rays, ozone at ground-level is harmful to our health.

Everyone can be affected by ground-level ozone, but those impacted the most are children suffering from chronic lung and heart disease, and the elderly. At ground-level, ozone can trigger chest pain, coughing, throat irritation, and congestion. It can worsen bronchitis, emphysema, and asthma. Ground-level ozone can also reduce lung function and inflame the linings of the lungs. Repeated exposure may even permanently scar lung tissue.

Unlike the Valley's heat, there is something we can do to help reduce ground-level ozone. Maricopa County Air Quality Department asks residents to Commit to One Day and Help Keep Ozone Away. Residents are encouraged to take simple actions at least one day a week to help reduce ground-level ozone. This can be achieved by driving less, teleworking, carpooling, riding bikes, walking to places, using public transit, and fueling vehicles after dark.

In addition to health impacts, if the Valley's ozone problem is not corrected, more burdensome and costly regulations for controlling ozone may be imposed on businesses.

To improve the health of county residents and the quality of our air, Commit to One Day and Help Keep Ozone Away.

For more information on ozone and how you can help, visit [Maricopa.gov/AQ](https://www.maricopa.gov/AQ).

## Option 2

Maricopa County residents are familiar with intense summer heat. What many don't realize is that harmful air pollutants also increase during the summer. Ground-level ozone forms when emissions from our daily lives react to the Valley's intense sunlight and heat. It affects everyone's health, especially the young and elderly. At ground level, ozone can trigger chest pain, coughing, throat irritation, and congestion. By making a commitment of at least one day a week, county residents can help keep ozone away. Drive less, telework, carpool, bike to work, use public transit, and refuel after dark. Commit to One Day and Help Keep Ozone Away.

