

# BEST & WORST CITIES FOR OZONE POLLUTION

1. Prescott, AZ
2. Cheyenne, WY
3. Farmington, NM
4. Casper, WY
5. St. George, UT
6. Flagstaff, AZ
7. Redding, CA

8. Duluth, MN
9. Kahului, HI
10. Rapid City, SD
11. Salinas, CA
12. Reno, NV
13. Palm Bay, FL
14. Albuquerque, NM

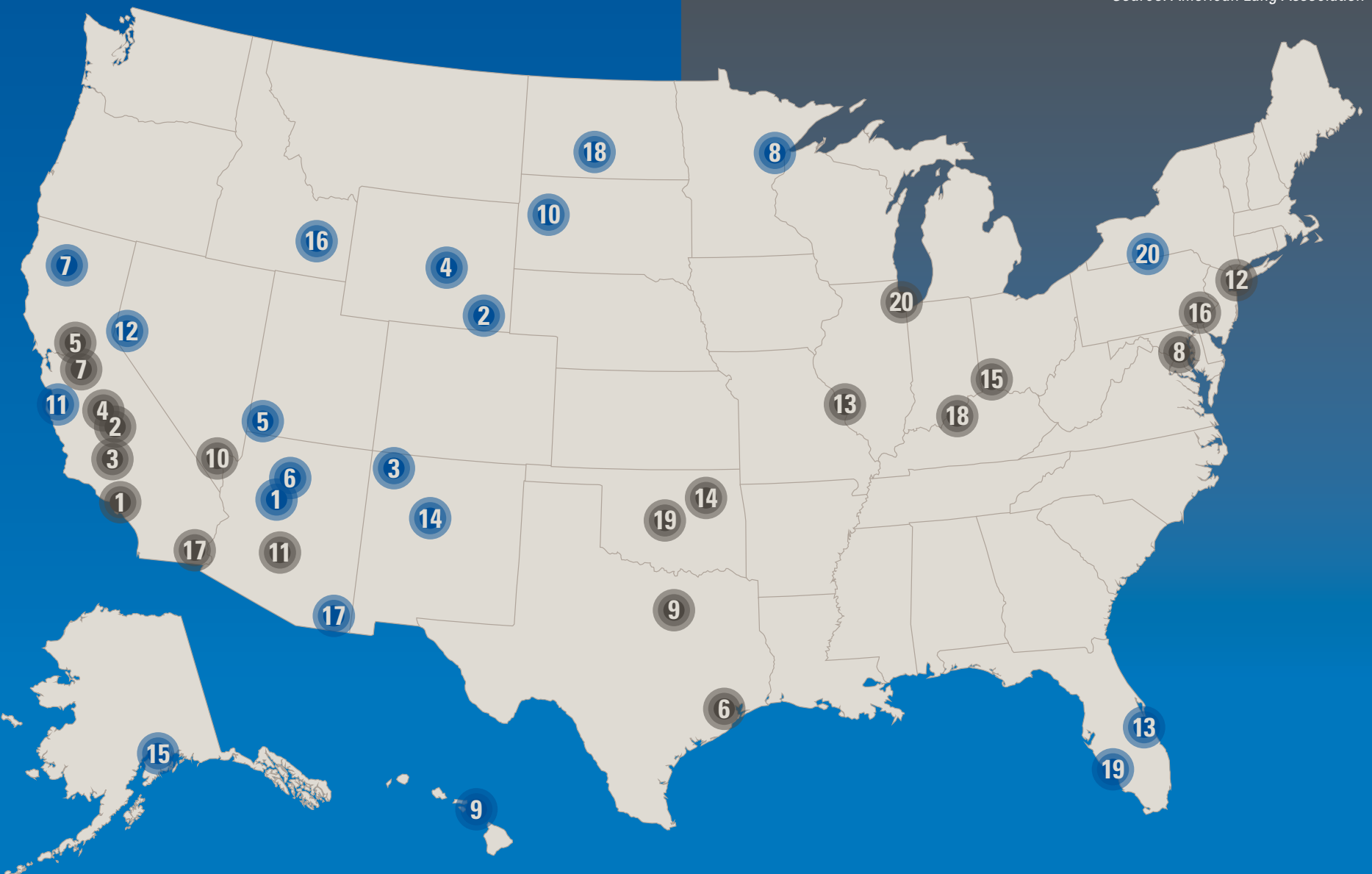
15. Anchorage, AK
16. Pocatello, ID
17. Sierra Vista, AZ
18. Bismarck, ND
19. Cape Coral, FL
20. Elmira, NY

1. Los Angeles, CA
2. Visalia, CA
3. Bakersfield, CA
4. Fresno, CA
5. Sacramento, CA
6. Houston, TX
7. Modesto, CA

8. Washington, DC
9. Dallas, TX
10. Las Vegas, NV
11. Phoenix, AZ
12. New York, NY
13. St. Louis, MO
14. Tulsa, OK

15. Cincinnati, OH
16. Philadelphia, PA
17. El Centro, CA
18. Louisville, KY
19. Oklahoma City, OK
20. Chicago, IL

Source: American Lung Association



As the weather heats up this summer, ground-level ozone pollution increases. Learn where it hangs out the most and what you can do to breathe better.

### When Air Pollution Is High, You May Notice

- Coughing
- Throat irritation
- Discomfort, pain or burning when breathing deeply
- Chest tightness, wheezing or shortness of breath

### Conditions Affected by Ozone Pollution

- Asthma
- Chronic obstructive pulmonary disease (COPD), including chronic bronchitis and emphysema
- Heart disease
- Diabetes

### Protect Yourself from Ozone Pollution

- Keep tabs on forecasts for high pollution days, so you can take precautions
- Avoid exercising outdoors during high pollution days
- Choose exercises that require less exertion if you will be outdoors
- Thermostat — keep climate control setting on circulate mode to avoid introducing polluted air into your home
- Develop an action plan with your doctor to manage disease flare-ups, including those associated with high pollution days

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