

# BEST & WORST CITIES FOR OZONE POLLUTION

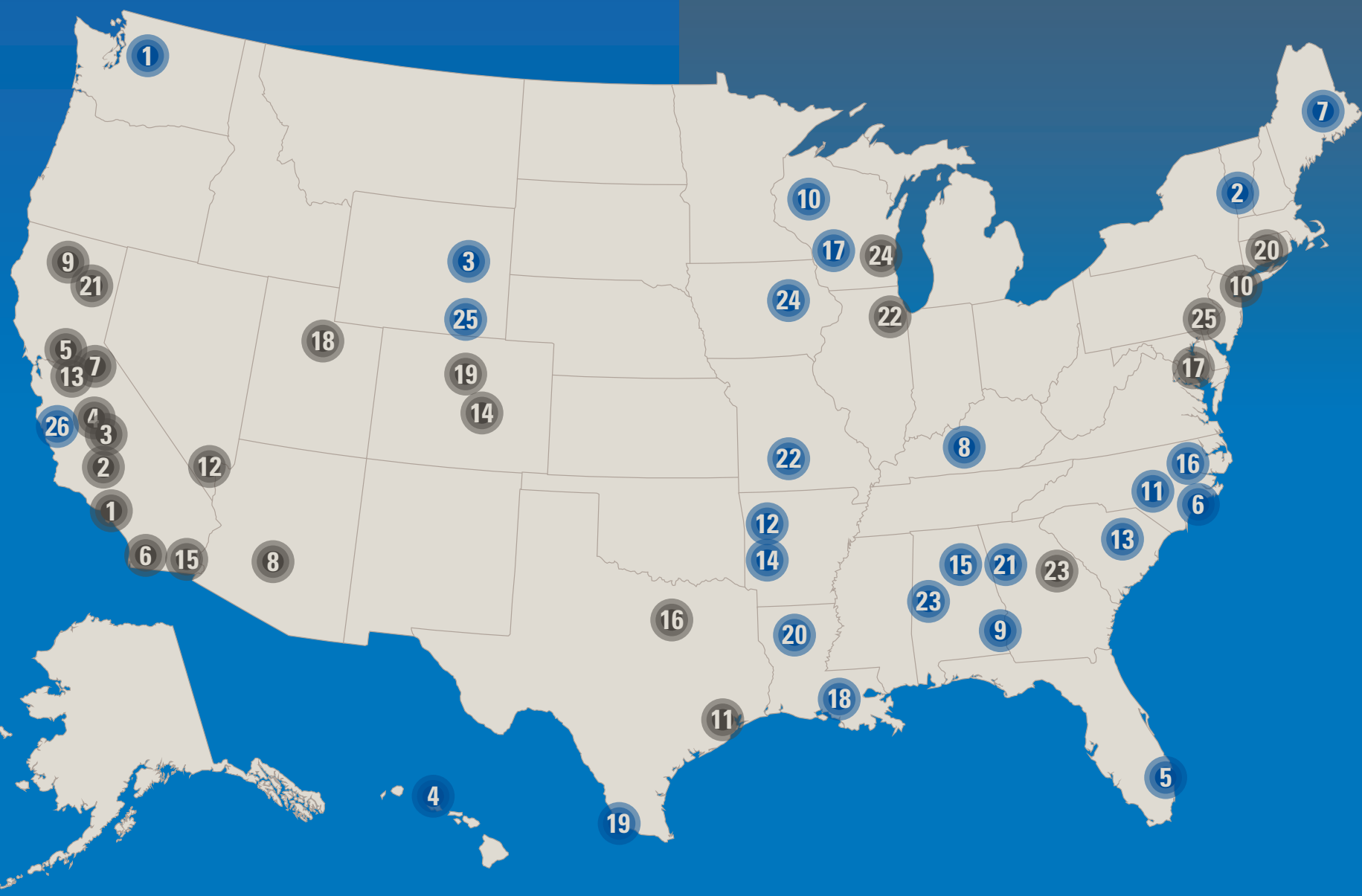
## Cleanest Ozone Cities

- |                      |                      |                     |
|----------------------|----------------------|---------------------|
| 1. Bellingham, WA    | 10. Eau Claire, WI   | 19. McAllen, TX     |
| 2. Burlington, VT    | 11. Fayetteville, NC | 20. Monroe, LA      |
| 3. Casper, WY        | 12. Fayetteville, AR | 21. Rome, GA        |
| 4. Honolulu, HI      | 13. Florence, SC     | 22. Springfield, MO |
| 5. Palm Bay, FL      | 14. Fort Smith, AR   | 23. Tuscaloosa, AL  |
| 6. Wilmington, NC    | 15. Gadsden, AL      | 24. Waterloo, IA    |
| 7. Bangor, ME        | 16. Greenville, NC   | 25. Cheyenne, WY    |
| 8. Bowling Green, KY | 17. La Crosse, WI    | 26. Salinas, CA     |
| 9. Dothan, AL        | 18. Lafayette, LA    |                     |

## Most Ozone Polluted Cities

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|--------------------|------------------------|----------------------|
| 1. Los Angeles, CA | 10. New York, NY       | 19. Fort Collins, CO |
| 2. Bakersfield, CA | 11. Houston, TX        | 20. Hartford, CT     |
| 3. Visalia, CA     | 12. Las Vegas, NV      | 21. Chico, CA        |
| 4. Fresno, CA      | 13. San Jose, CA       | 22. Chicago, IL      |
| 5. Sacramento, CA  | 14. Denver, CO         | 23. Atlanta, GA      |
| 6. San Diego, CA   | 15. El Centro, CA      | 24. Sheboygan, WI    |
| 7. Modesto, CA     | 16. Dallas, TX         | 25. Philadelphia, PA |
| 8. Phoenix, AZ     | 17. Washington, DC     |                      |
| 9. Redding, CA     | 18. Salt Lake City, UT |                      |

Source: American Lung Association 2018



**Warmer weather increases ground-level ozone pollution. Here's what you can do to breathe easier.**

## Protect Yourself from Ozone Pollution

- Watch local air quality advisories.
- Take medications exactly as prescribed.
- Stay indoors as much as possible and close windows.
- Use circulate setting on home thermostat to keep polluted air out.
- Avoid outdoor exercise during high pollution days.
- Call your doctor if symptoms increase or you need more medication.

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