

# BEST & WORST CITIES FOR OZONE POLLUTION

## Cleanest Cities by Ozone

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|--|---|
| 1. Augusta-Richmond County, GA-SC          | 13. Greenville-Washington, NC             |
| 2. Bangor, ME                              | 14. Johnson City-Kingsport-Bristol, TN-VA |
| 3. Bellingham, WA                          | 15. Middlesborough-Corbin, KY             |
| 4. Brunswick-St. Simons, GA                | 16. Missoula, MT                          |
| 5. Charleston-Huntington-Ashland, WV-OH-KY | 17. Monroe-Ruston, LA                     |
| 6. Charlottesville, VA                     | 18. Montgomery-Selma, AL                  |
| 7. Crestview-Fort Walton Beach-Destin, FL  | 19. Myrtle Beach-Conway, SC               |
| 8. Fairbanks-College, AK                   | 20. North Port-Bradenton, FL              |
| 9. Florence, SC                            | 21. Palm Bay-Melbourne-Titusville, FL     |
| 10. Gadsden, AL                            | 22. Panama City-Panama City Beach, FL     |
| 11. Gainesville-Lake City, FL              | 23. Pocatello, ID                         |
| 12. Grand Junction, CO                     | 24. Prescott Valley-Prescott, AZ          |
|  | 25. Roanoke, VA                           |

## Worst Cities by Ozone

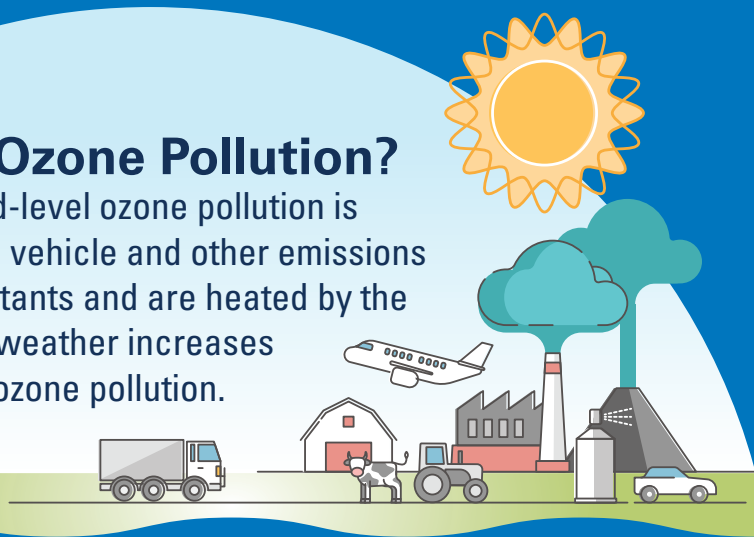
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|---------------------------------------|---|
| 1. Los Angeles-Long Beach, CA         | 14. San Jose-San Francisco-Oakland, CA      |
| 2. Visalia, CA                        | 15. Chicago-Naperville, IL-IN-WI            |
| 3. Bakersfield-Delano, CA             | 16. New York-Newark, NY-NJ-CT-PA            |
| 4. Phoenix-Mesa, AZ                   | 17. El Centro, CA                           |
| 5. Fresno-Hanford-Corcoran, CA        | 18. El Paso-Las Cruces, TX-NM               |
| 6. Denver-Aurora-Greeley, CO          | 19. Tulsa-Bartlesville-Muskogee, OK         |
| 7. Houston-Pasadena, TX               | 20. San Antonio-New Braunfels-Kerrville, TX |
| 8. San Diego-Chula Vista-Carlsbad, CA | 21. St. Louis-St. Charles-Farmington, MO-IL |
| 9. Salt Lake City-Provo-Orem, UT-ID   | 22. Albuquerque-Santa Fe-Los Alamos, NM     |
| 10. Dallas-Fort Worth, TX-OK          | 23. Colorado Springs, CO                    |
| 11. Sacramento-Roseville, CA          | 24. Redding-Red Bluff, CA                   |
| 12. Las Vegas-Henderson, NV           | 25. Sheboygan, WI                           |
| 13. Fort Collins-Loveland, CO         |   |

Source: American Lung Association 2025



## What is Ozone Pollution?

Bad or ground-level ozone pollution is created when vehicle and other emissions mix with pollutants and are heated by the sun. Warmer weather increases ground-level ozone pollution.



## What Makes Air Quality Unhealthy?

The Air Quality Index (AQI) grades air quality based on ground-level ozone, particle pollution, carbon monoxide, sulfur dioxide or nitrogen dioxide levels. Visit [airnow.gov](https://airnow.gov) or watch local alerts.



## Protect Your Lungs from Ozone Pollution

- Watch local air quality advisories.
- Ozone levels are always lower in the morning, so plan outdoor activities accordingly.
- The elderly, the very young and those with lung disease are at the highest risk from severe ozone pollution and should limit afternoon outdoor time during poor ozone days.
- Keep windows closed.
- Take medications exactly as prescribed.
- Use the circulate setting on your home thermostat to keep polluted air out.
- Call your doctor if symptoms increase or if you need more medication.

Facemasks are highly encouraged to limit COVID-19 infection but provide no protection against ozone pollution.

