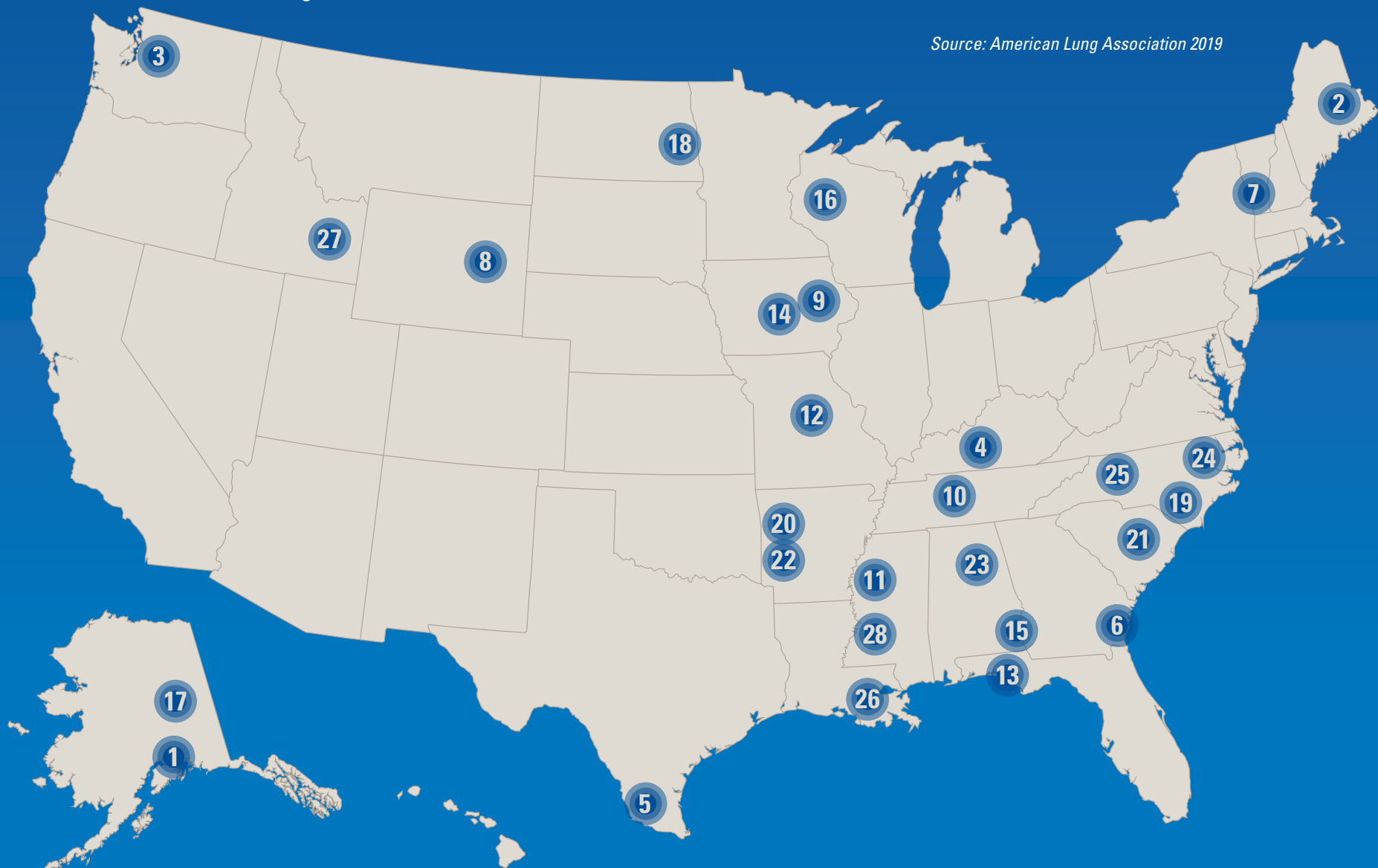


BEST & WORST CITIES FOR OZONE POLLUTION

Cleanest Ozone Cities

- | | | | |
|----------------------|---------------------|----------------------|---------------------|
| 1. Anchorage, AK | 8. Casper, WY | 15. Dothan, AL | 22. Fort Smith, AR |
| 2. Bangor, ME | 9. Cedar Rapids, IA | 16. Eau Claire, WI | 23. Gadsden, AL |
| 3. Bellingham, WA | 10. Clarksville, TN | 17. Fairbanks, AK | 24. Greenville, NC |
| 4. Bowling Green, KY | 11. Cleveland, MS | 18. Fargo, ND | 25. Hickory, NC |
| 5. Brownsville, TX | 12. Columbia, MO | 19. Fayetteville, NC | 26. Thibodaux, LA |
| 6. Brunswick, GA | 13. Crestview, FL | 20. Fayetteville, AR | 27. Idaho Falls, ID |
| 7. Burlington, VT | 14. Des Moines, IA | 21. Florence, SC | 28. Jackson, MS |

Source: American Lung Association 2019



Most Ozone Polluted Cities

- | | | |
|--------------------|-------------------|------------------|
| 1. Los Angeles, CA | 5. Sacramento, CA | 9. Houston, TX |
| 2. Visalia, CA | 6. San Diego, CA | 10. New York, NY |
| 3. Bakersfield, CA | 7. Phoenix, AZ | |
| 4. Fresno, CA | 8. San Jose, CA | |

Bad or Ground-Level Ozone is created when vehicle and other emissions mix with pollutants and are heated by the sun.

Warmer weather increases ground-level ozone pollution.

Protect Your Lungs 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.
- Exercise or be outside in the mornings when ozone levels are lowest. Stay indoors when pollution levels are high.
- Call your doctor if symptoms increase or you need more medication.