



SOUTH COAST AIR QUALITY MANAGEMENT DISTRICT PRESS RELEASE

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Summer Smog Season Begins, Here is How You Can Check Your Air Quality

DIAMOND BAR – May marks the start of summer ozone season in Greater Los Angeles. During this time of year, hot, stagnant days can increase the formation of ground-level ozone—commonly referred to as smog—creating potentially unhealthy air quality throughout the region.

Weather extremes and wildfires can exacerbate poor air quality. Though [ozone levels have improved substantially over time](#), the 2020 ozone season resulted in the worst air quality in over a decade due to unusual and record-breaking heat waves, stagnant weather and unprecedented influence from wildfires burning throughout the Western United States.

South Coast AQMD reminds residents to stay informed of air quality levels in their area and adjust their outdoor activities accordingly.

There are several ways to access air quality information:

- Download South Coast AQMD’s award-winning mobile app to view local air quality in real time, receive notifications when air quality is poor in your neighborhood and view hourly air quality forecasts. The mobile app is available in English and Spanish on Apple and Android devices: www.aqmd.gov/mobileapp
- Visit www.aqmd.gov/aqdata to view real-time air quality and www.aqmd.gov/forecast for hourly air quality forecasts.
- Check www.aqmd.gov/advisory for current air quality advisories during extreme air quality events such as wildfires or dust storms. Sign up to receive advisories via email at www.airalerts.org.

Ozone pollution can cause or worsen respiratory problems, including asthma attacks, lung inflammation and bronchitis. Young children, older adults and people with chronic respiratory conditions may be more sensitive to the health effects of ozone.

Smog season officially ends on September 30, although high ozone levels may continue well into the fall and other air pollutants can lead to unhealthy air quality during the rest of the year.

What to do during periods of unhealthy air quality:

Unhealthy for Sensitive Groups (101 to 150). The following groups should limit prolonged or heavy outdoor exertion: People with heart disease, pregnant women, children and older adults, people with lung disease, such as asthma

Unhealthy (151 to 200). Everyone may begin to experience some adverse health effects (e.g. difficulty breathing and throat irritation), and members of the sensitive groups may experience more serious effects. The following groups should avoid prolonged time outdoors: People with heart disease, pregnant women, children and older adults, people with lung disease, such as asthma.

Very Unhealthy (201 to 300). This would generate a health alert suggesting that everyone may experience more serious health effects. The following groups should avoid all outdoor physical activity: People with heart disease, pregnant women, children and older adults, people with lung disease, such as asthma. Everyone else should avoid prolonged or heavy outdoor activity.

"Hazardous" (greater than 300). This would trigger a health warnings of emergency conditions. The entire population is more likely to be affected. Everyone should avoid all physical activity outdoors.

South Coast AQMD is the air pollution control agency for major portions of Los Angeles, Orange, San Bernardino and Riverside counties, including the Coachella Valley. For news, air quality alerts, event updates and more, please visit us at www.aqmd.gov, download our award-winning app, or follow us on [Facebook](#), [Twitter](#) and [Instagram](#).

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