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Smog Season is Here - There are Several Ways to Check Air Quality

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

It is common to reach unhealthy ozone levels in the afternoon hours throughout the region, especially in inland areas. 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 free mobile app is available in English and Spanish on Apple and Android devices: www.aqmd.gov/mobileapp
- Visit www.aqmd.gov/aqimap 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.
- Follow South Coast AQMD's social media accounts on Facebook, Twitter and Instagram.

Residents can also do their part to help reduce emissions that contribute to ozone formation by:

- Limiting the use of gasoline powered lawn and garden equipment until evening hours
- Conserving electricity and setting your air conditioner at a higher temperature
- Trying to delay trips to the gas station
- Avoid using household chemicals until the evening

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

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 diseases, 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 sensitive groups may experience more serious effects. People with heart disease, pregnant women, children and older adults, people with lung diseases, and 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 diseases, such as asthma. Everyone should else should avoid prolonged or heavy outdoor activity.
	"Hazardous" (greater than 300). This would trigger a health warning of emergency conditions. The entire population is more likely to be affected. Everyone should avoid all physical activity outdoors.

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.

South Coast AQMD is the regulatory agency responsible for improving air quality for large areas of Los Angeles, Orange, Riverside and San Bernardino 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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