

# Health Bulletin

## Smog Hurts!

(NAPSA)—Ever feel the burn of peroxide on a cut? Ozone is a similarly irritating substance. It's what causes smog, impairs breathing and makes your eyes water.

The National Institute of Environmental Health Sciences urges you to watch for ozone alerts or air pollution warnings. They grow more common as warm weather arrives.



**COLOR OZONE ALERTS** paint an accurate picture of how healthy the air is. At Green, the air is healthiest. At Purple, the air is very unhealthy.

The ozone alerts are color-coded. Green is the best value for outdoor activity.

At Yellow, very sensitive people should limit outdoor exertion. At Orange, so should active children and active adults, especially those with asthma.

Athletes can be affected, too. Red means exercise early or late, or indoors. At Purple, the air is very unhealthy. Everyone should avoid or limit outdoor work and play.

When ozone rises, outdoor grilling, fires and auto use should be restricted. You can help at all times by being careful not to spill fast-evaporating compounds like solvents and gasoline. The fumes contribute to smog.

For a booklet on ozone, e-mail [booklet@niehs.nih.gov](mailto:booklet@niehs.nih.gov).