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## Newsletter Articles

### OPTION 1

As residents of Maricopa County, we're all familiar with intense summer heat. After the arrival of spring, we know what's on the way: longer days and increasing temperatures. What many people don't know is that ground-level ozone, a harmful air pollutant, also increases during the summer.

Ground-level ozone forms when emissions from our daily lives react to the Valley's intense sunlight and heat. Unlike the stratospheric ozone layer, which protects us from the sun's damaging UV rays, ozone at ground-level is harmful to our health.

Everyone can be affected by ground-level ozone, but those who can be impacted the most are the young, people suffering from chronic lung and heart disease and the elderly. At ground level, ozone can trigger chest pain, coughing, throat irritation and congestion. It can worsen bronchitis, emphysema and asthma. Ground level ozone can also reduce lung function and inflame the linings of the lungs. Repeated exposure may even permanently scar lung tissue.

Unlike the Valley's heat, there is something we can do to help reduce ground-level ozone.

Maricopa County Air Quality Department (MCAQD) asks residents to Commit to One Day & Help Keep Ozone Away. Residents are encouraged to take small actions at least one day a week to help reduce ground-level ozone. This can be done by driving less, carpooling, riding bikes, walking to places, using public transit and refueling after dark.

In addition to health impacts, if the Valley's ozone problem is not corrected, more burdensome and costly regulations for controlling ozone may be imposed on businesses.

To improve the health of county residents and the quality of our air, Commit to One Day & Help Keep Ozone Away.

For more information on ozone and how you can help fight it, visit [www.CleanAirMakeMore.com](http://www.CleanAirMakeMore.com).

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### OPTION 2

Maricopa County residents are all familiar with intense summer heat. What many don't realize is that a harmful air pollutant also increases during the summer. Ground-level ozone forms when emissions from our daily lives react to the Valley's intense sunlight and heat. It affects everyone's health, especially the young and elderly. At ground level, ozone can trigger chest pain, coughing, throat irritation and congestion. By making a commitment of at least one day a week, County residents can help keep ozone away. Drive less, carpool, bike to work, using public transit and refuel after dark. Commit to One Day & Help Keep Ozone Away.

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