

A Few Types of Pollution

Ground-Level Ozone (O₃)

is made when chemicals and gases “cook” in the hot sun. The ozone layer in the stratosphere (10-30 miles up) protects us from the sun’s harmful rays. O₃ at ground-level can damage lungs and aggravate asthma.

Particulate Matter (PM)

is sometimes called airborne dust. PM is made up of tiny particles in the air, like smoke, car and truck exhaust and dust. PM may cause lung and heart problems.



Carbon Monoxide (CO)

is invisible and you can’t smell it either, but it can harm you. It comes mostly from things with engines, like cars and trucks. CO used to be a problem during the winter, but since cars make less CO now, it isn’t a big problem anymore.

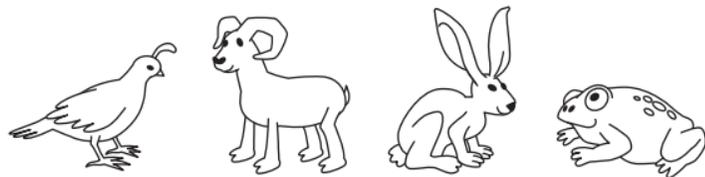
Air Pollution Effects

Air pollution can harm everyone and even harms things. Use the key below to figure out how.

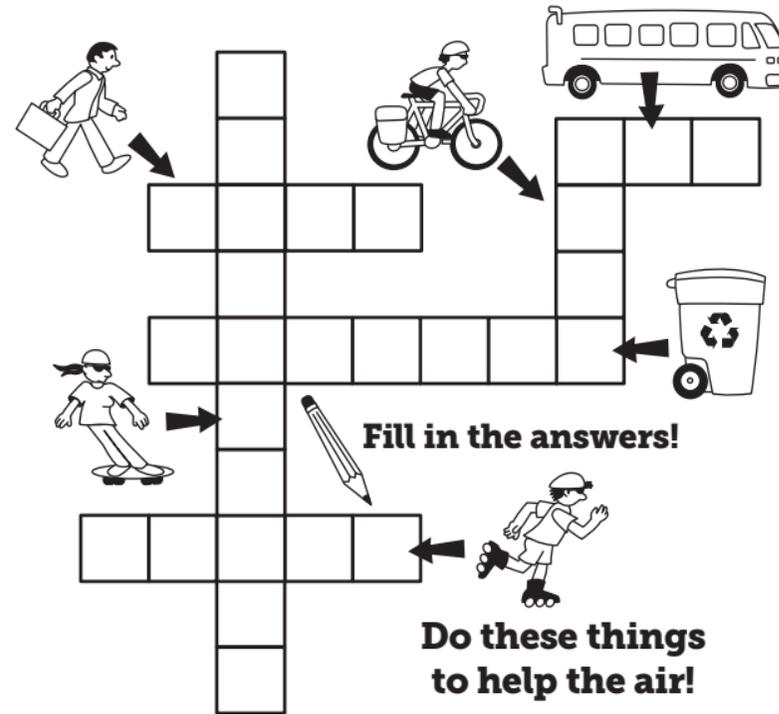
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|---|---|---|---|---|---|---|---|---|---|---|---|---|
| a | b | c | d | e | f | g | h | i | j | k | l | m |
| n | o | p | q | r | s | t | u | v | w | x | y | z |

Example: n = a, a = n

1. Irritates **rlrf**, **abfr**, and **guebng**
2. **Urnqnpurf**
3. **Pbhtuvat**, shortness of **oerngu**
4. Aggravates **nfguzn** and **oebapuvgvf**
5. Chest **cnva** and heart **nggnpxf**
6. Injury to **cynagf**, **gerrf**, and **navznyf**
7. Paint **fgevccrq** off **ohvyqvaf**
8. Concrete may **pehzojr**



What Helps the Air?



Top Tip

Breathe through your nose.
Your nose is your body’s natural air filter.

You Can Also

- Share car rides with friends (carpool)
- Turn off lights & computer when not using them
 - Unplug chargers
 - Use earth-friendly cleaners
- Avoid riding quads or ATVs in neighborhoods
- Take care of your stuff so it lasts longer
- Plan ahead & group errands together



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www.pima.gov/ecokids

Find out how the air is doing today:
www.pima.gov/HealthyAir

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