



You can help reduce air pollution everyday

Air pollution is a year round problem. Every time we drive our vehicles and use energy in our homes, we are burning fossil fuels and sending pollutants into the air. **20/20 The Way to Clean Air** campaign provides you with a **20/20 Planner**, a practical step-by-step guide to help reduce your home energy use and vehicle use by 20%. Call for your free copy at 416-392-2020.

Smog Alert notification

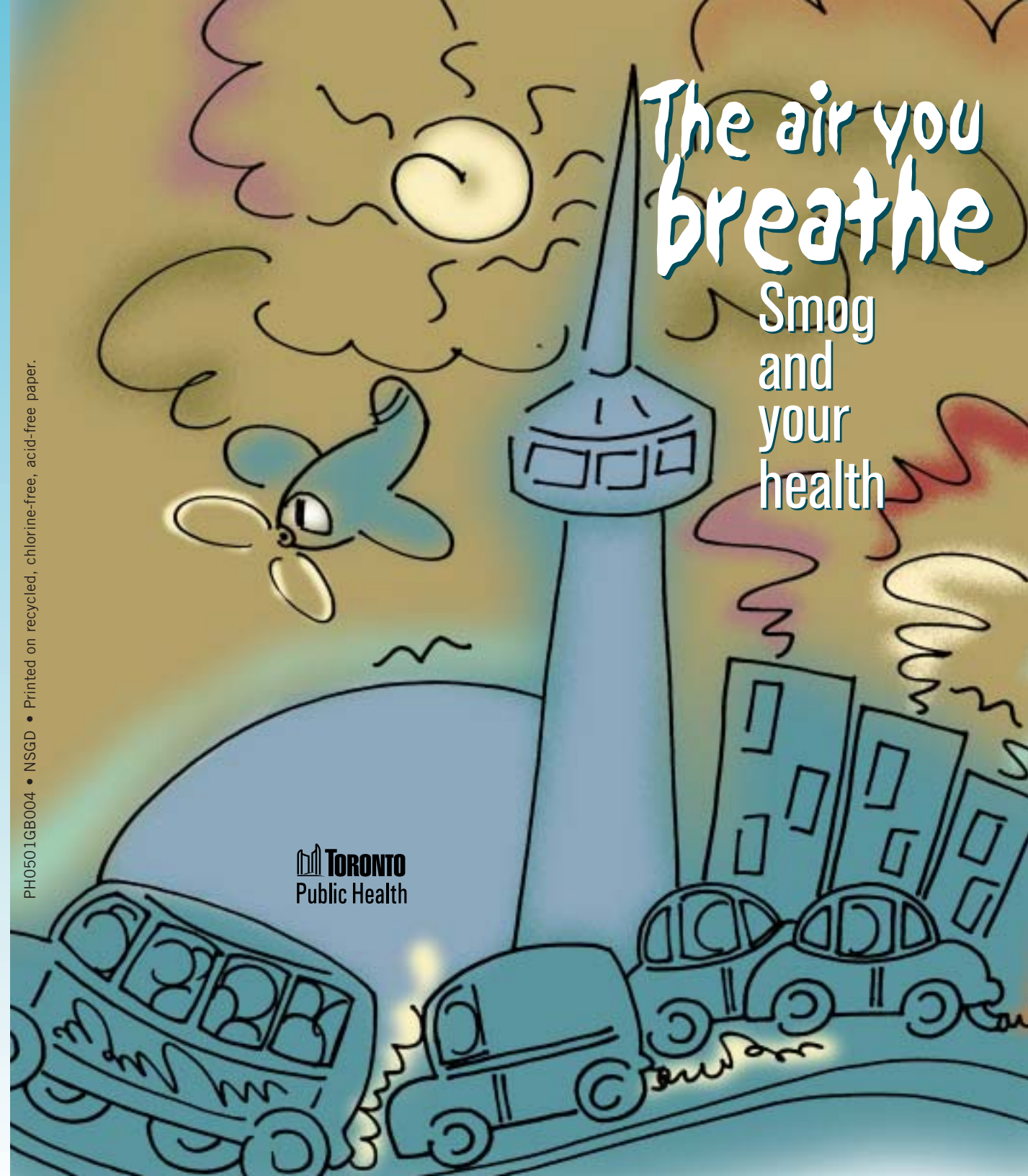
Residents in Ontario can subscribe to the Ministry of the Environment Smog Alert Network to receive automatic email notification wherever a Smog Alert is issued in their area. Visit the Ministry's web site at www.airqualityontario.com.

For more information

Toronto Public Health
www.toronto.ca/health
Toronto Health Connection
416-338-7600
20/20 The Way to Clean Air
416-392-2020

Ministry of the Environment
www.airqualityontario.com
Air Quality Index (AQI) Hotline
416-246-0411

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The air you breathe

Smog and your health

 **TORONTO**
Public Health

Planning your day during a Smog Alert



Smog:

- a mixture of pollutants in the air affecting our health throughout the year
- comes from the burning of fossil fuels such as oil, gas, diesel and coal

Sources of smog:

- cars and trucks are the biggest source of air pollutants in Toronto
- industries such as coal-fired electric stations in Ontario and midwestern United States are also a large source of air pollutants

Smog harms our health:

- in Toronto, it is estimated that 1,700 people die prematurely each year (months or years earlier than expected), 6,000 are admitted to hospital each year
- worsens heart problems, asthma, bronchitis and other lung problems
- reduces lung function in healthy people
- irritates eyes, nose and throat

Who are most affected?

- young children
- pregnant women
- the elderly
- asthmatics
- people with heart problems
- smokers
- people who work or exercise outdoors

What is a Smog Alert?

- is issued by the Ministry of the Environment when smog conditions are expected to reach dangerous levels in Ontario (Air Quality Index reaches or exceeds 50)
- often triggered on sunny days with no wind when ozone levels are high
- usually occurs early May to late September but can occur anytime throughout the year

2. Early morning

- plan your day to limit impact of activities that increase smog (e.g., group errands/ meetings together)
- plan to avoid strenuous outdoor physical activity today

1. When you wake up

- listen for smog conditions on the news and consider ways to modify your day (e.g., car pool, take transit, work from home)

3. Mid morning to early evening

- try not to exert yourself outdoors
- protect those most affected (e.g., children, elderly, asthmatics)
- those with breathing and heart problems should pay special attention to increased symptoms
- spend time in environments where you have the fewest symptoms
- refuel your vehicle only during non-sunlight hours
- avoid the use of oil-based paints, pesticides, gas powered engines and barbecues