



**FOR IMMEDIATE RELEASE**

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## **Ozone Warning from The American Lung Association of New England**

*Poor air quality throughout New England threatens lung health*

The American Lung Association of New England is warning the public that the air we are breathing today is unhealthy – even more unhealthy than the U.S. Environmental Protection Agency says. EPA’s own Clean Air Scientific Advisory Committee says that EPA’s air quality standards are not strict enough.

The air quality that is rated “moderate” is actually “unhealthy.” On a day like today, when even EPA says the air is unhealthy, it is extremely unhealthy and the public should take precautions.

Those with chronic lung disease, children and the elderly are at high risk and should remain indoors. Healthy individuals should limit strenuous outdoor activity to the early morning hours.

Air quality today can cause a “sunburn” to the lungs. Symptoms include shortness of breath, chest pain when inhaling deeply, wheezing and coughing. For more information about air quality and what you can do to protect yourself and your family today and in the future, visit [OwnYourAir.org](http://OwnYourAir.org) or call the American Lung Association at 1-800-LUNG-USA.

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