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Smog Affects You and You Affect Smog.

When air quality is poor, you may experience:

- difficulty breathing
- chest tightness and coughing
- eye, nose and throat irritation
- aggravation of respiratory diseases (such as asthma or emphysema)

You can help improve air quality when you:

- drive your car less
- use less electricity
- don't let your car idle
- avoid using aerosol sprays or oil-based paints

If each of us reduces our contribution to pollution, we can all breathe cleaner air!

For more information visit www.airqualityontario.com