Outdoor Physical Activity During Ozone Season (May-September) Use this chart to track the ozone level and your symptoms

## To track symptoms

• Identify your symptoms (e.g., coughing, wheezing, eye, nose or throat irritation, etc.). Symptoms can be felt immediately or one or more days after ozone exposure.

- Check current ozone levels at www.airquality.utah.gov. Click on "current conditions."
- Adjust your activities to reduce or eliminate your symptoms.
- Talk to your doctor about symptoms.

Ð	Date/Time	Ozone Level	Symptoms	Activity
Example	July 3, 3:00 PM	0.075 ppm	Coughing	Running outside for 30 minutes
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