

**For immediate release 6-3-16**

**Attn: Local news, health and assignment editors**

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## **Unusually High Temperatures Bring Early Start to Ozone Season**

***Air District officials encourage using RAAN tool to gauge local air quality***

Unusually high temperatures have brought an early start to the summer ground-level ozone season. Valley Air District officials are urging the public, Valley schools and any business with outdoor workers to take advantage of a free, valuable tool which can help individuals protect themselves from the harmful effects of air pollution.

The District provides an effective, free tool to help residents determine their localized air quality. The Real-Time Air Advisory Network (RAAN) is an automated tool that links a subscriber's computer or iPhone to the air monitor of their choice and delivers hourly data as conditions change. RAAN also contains outdoor activity guidelines for periods of poor air quality. For more information and to subscribe to RAAN, search for "Valley Air" in the Apple apps store or visit [www.valleyair.org/RAAN](http://www.valleyair.org/RAAN).

"Although the Air Quality Index (AQI) forecast for a particular county on a particular day may be in the 'red' or 'unhealthy' range; this only indicates the forecasted air quality for the worst location during the worst hour of the day. It does not take into account that air quality changes dramatically over the course of the day, and that certain areas of a county might be much cleaner than others," stated Jaime Holt, the District's chief communications officer. "The RAAN system is the best tool available for the public to fully understand the current air quality in their area."

The RAAN system is based on actual air quality data coming from monitors throughout the Valley. The hourly nature of the RAAN system gives a much more detailed picture of the actual ozone concentrations in an area during a given time. For example, the RAAN system will indicate that the worst hours for ozone often occur in the early afternoon. In addition, the RAAN system advises schools and the public to take precautions with regard to outdoor activity through the Real-time Outdoor Activity Risk (ROAR) Guidelines [www.valleyair.org/ROAR](http://www.valleyair.org/ROAR).

Ground-level ozone is a colorless and highly irritating gas that forms just above the earth's surface. It is called a "secondary" pollutant because it is produced when pollution, primarily from mobile sources such as cars and trucks, react in heat, sunlight and stagnant air. Breathing high levels of ozone can trigger a variety of health problems including chest pain, coughing, throat irritation, and congestion. It can worsen bronchitis, emphysema, and asthma. Ground-level ozone also can reduce lung function and inflame the lining of the lungs.

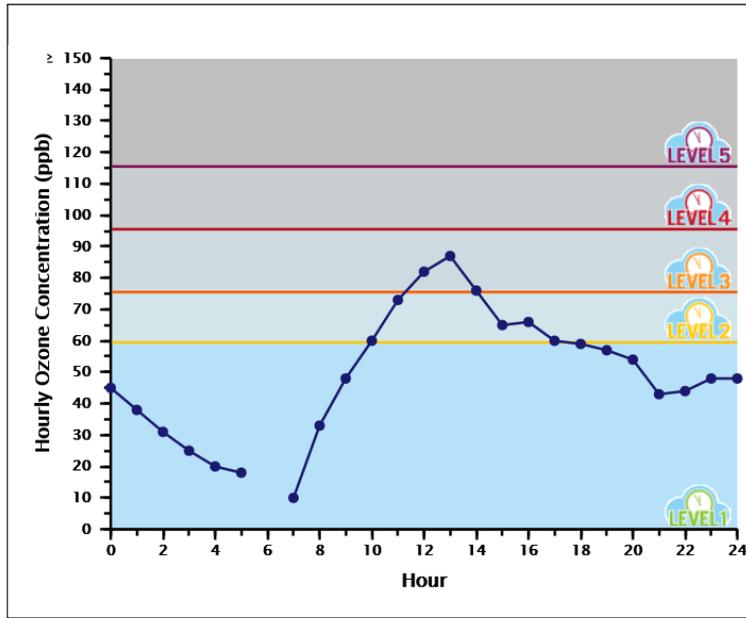
For more information about the Valley Air District, call a regional office: in Fresno, 559-230-6000; in Bakersfield, 661-392-5500; and in Modesto, 209-557-6400.

- See graphics next page or online at [www.valleyair.org/RAAN](http://www.valleyair.org/RAAN) -

# Typical Graph of Hourly Ozone Concentrations

## Air District Real-Time Outdoor Activity Risk

\*The graph below represents the most recent data available\*



Hour	ppb
12 AM	45
1 AM	38
2 AM	31
3 AM	25
4 AM	20
5 AM	18
6 AM	10
7 AM	33
8 AM	48
9 AM	60
10 AM	73
11 AM	82
12 PM	87
1 PM	87
2 PM	76
3 PM	65
4 PM	66
5 PM	60
6 PM	59
7 PM	57
8 PM	54
9 PM	43
10 PM	44
11 PM	48
12 AM	48

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Real-Time Outdoor Activity Risk (ROAR) Guidelines					
ROAR Level	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
Recess (15min)	No restrictions	Ensure that sensitive individuals are medically managing their condition.*	Sensitive individuals should exercise indoors or avoid vigorous outdoor activities.*	Exercise indoors or avoid vigorous outdoor activities. Sensitive individuals should remain indoors.*	No outdoor activity. All activities should be moved indoors.
P.E. (1hr)	No restrictions	Ensure that sensitive individuals are medically managing their condition.*	Sensitive individuals should exercise indoors or avoid vigorous outdoor activities.*	Exercise indoors or limit vigorous outdoor activities to a maximum of 15 minutes. Sensitive individuals should remain indoors.*	No outdoor activity. All activities should be moved indoors.
Athletic Practice & Training (2-4hrs)	No restrictions	Ensure that sensitive individuals are medically managing their condition.*	Reduce vigorous exercise to 30 minutes per hour of practice time with increased rest breaks and substitutions. Ensure that sensitive individuals are medically managing their condition.*	Exercise indoors or reduce vigorous exercise to 30 minutes of practice time with increased rest breaks and substitutions. Sensitive individuals should remain indoors.*	No outdoor activity. All activities should be moved indoors.
Scheduled Sporting Events	No restrictions	Ensure that sensitive individuals are medically managing their condition.*	Increase rest breaks and substitutions per CIF guidelines for extreme heat.** Ensure that sensitive individuals are medically managing their condition.*	Increase rest breaks and substitutions per CIF guidelines for extreme heat.** Ensure that sensitive individuals are medically managing their condition.*	Event must be rescheduled or relocated.
PM2.5 range	1 – 12 µg/m3	13 – 35 µg/m3	36 – 55 µg/m3	56 – 75 µg/m3	>75 µg/m3
Ozone range	1 – 59 ppb	60 – 75 ppb	76 – 95 ppb	96 – 115 ppb	>115 ppb

\* Sensitive Individuals include all those with asthma or other heart/lung conditions  
 \*\* California Interscholastic Federation