

Health Unit Media Release

For Immediate Release: July 2, 2013



SMOG ADVISORY Issued for Leeds Grenville and Lanark

The Medical Officer of Health is advising the public to take care during the Smog Advisory that was issued today, Tuesday July 2, 2013 by the Ontario Ministry of the Environment. A smog advisory means that there is a strong likelihood that there may be poor air quality with the next 24 hours due to ground-level ozone and/or particulate matter.

During a smog episode, individuals may experience eye irritation. Heavy outdoor exercise may cause respiratory symptoms such as coughing or shortness of breath. People with heart or lung disease including asthma may experience worsening of their condition.

There are some actions you can take to reduce the health effects during smog advisory:

- Use common sense regarding outdoor physical activity – if your breathing becomes difficult or uncomfortable, stop or reduce the activity. Stay cool and drink plenty of fluids.
- Keep indoor air cleaner by avoiding smoking or burning other materials.
- Residents with asthma or other chronic illness should activate their asthma or personal care plan.
- Reduce use of vehicles, and limit engine idle.
- Leave lawn mowing for another day.
- Restrict the use of gasoline-powered equipment.
- Delay using oil-based paints, solvents and cleaners.
- Pay attention to local air quality reports, air quality may be poor even though smoke may not be visible. Information is available at www.airqualityontario.com.

The Leeds, Grenville and Lanark District Health Unit will continue to monitor the weather forecasts for heat and smog. Citizens will be notified throughout the local media outlets when dangerous levels of smog are forecasted to become imminent; the Health Unit will be offering protective and proactive advice on how to deal with these summer conditions.

For more information, contact the Leeds, Grenville and Lanark District Health Unit at 1-800-660-5853 or 613-345-5685 or visit our website at www.healthunit.org. You can also get important updates on facebook.

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