



# News Release

FOR IMMEDIATE RELEASE –  
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## Ozone Season is Here: Tips to Improve Air Quality

FAYETTEVILLE – The Fayetteville Area Metropolitan Planning Organization reminds the public that the Ozone season officially started April 1 and runs through October 31.

During the ozone season, a daily, color-coded Air Quality Index lets people know how air impacts daily activity. For you health's sake, make sure you are aware of the air quality forecasts. The forecast is updated after 3 p.m. daily and is posted on the FAMPO Web site, [www.fampo.org](http://www.fampo.org).

Ozone is a molecule formed when three atoms of oxygen react in sunlight. Because sunlight is needed for ozone to form, ozone is a major concern in the summer months. Ozone is dangerous to human health and can aggravate existing conditions in sensitive populations, especially children and the elderly with respiratory problems.

As Air Quality Awareness Week, May 2-8, draws to an end, FAMPO suggests the following tips to help improve our air quality:

- Take your lunch or walk to a nearby restaurant. This reduces the number of vehicles on the road during the daylight hours.
- When you do drive your car, use cruise control whenever practical and stay within the speed limit. Avoid sudden stops and starts; and avoid idling for long periods of time. Plan your trips to combine short trips whenever possible.
- Postpone refueling your car until after 6 p.m. to reduce emissions during peak daylight hours when ozone formation is most likely.
- Don't "top off" the tank – adding gasoline after the pump has automatically shut itself off. This will avoid gasoline spills and unnecessary emissions.
- Conserve electricity by setting your thermostat at the highest temperature at which you are comfortable.

If you would like to learn more about air quality, check out [www.ncair.org](http://www.ncair.org) or [www.fampo.com/airquality](http://www.fampo.com/airquality).

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