

Oklahoma Department of Environmental Quality  
has declared an



For  
**Thursday, August 3, 2017**

**In the Tulsa Metropolitan Area**

Persons with lung or heart disease should be aware that increased ground-level ozone may cause them to experience adverse health effects. Symptoms may include chest pain, coughing, sneezing, nausea, headache and pulmonary congestion. Active children, adults and especially people with respiratory disease such as asthma should limit prolonged outdoor exertion.

***Take Action on Ozone Alert! Days***

- Leave your car at home. Carpool, bike, walk or ride the bus.
- Postpone errands – do them another day.
- Postpone refueling vehicles. Wait until evening or not at all on Ozone Alert! Days.
- Avoid using gasoline-powered lawn and garden equipment.
- If you must drive, limit unnecessary trips, combine errands and drive during off-peak hours.
- Stay in at lunch – take your lunch to work and eat in.
- Avoid long idle times. Park and walk in rather than using the drive thru.

**Clean Air Action Tips for All Summer Long**

- Drive less. Try leaving your car at home at least one day a week. Try walking, biking, carpooling or riding the bus. Tulsa's Transportation Resource Center can help: [www.TulsaTRC.Org](http://www.TulsaTRC.Org).

**SIGN UP FOR TEXT ALERT! NOTIFICATIONS -  
TEXT THE WORD 'OZONE' TO #41411**

For More Information, Email Alert! Notifications, and Real-Time Ozone Levels, go to:

**[www.OzoneAlert.Com](http://www.OzoneAlert.Com)**