

Important Information on Ozone and Your Child's Health

Dear Parent:

High levels of ozone in the air we breathe can have serious health effects on any person. In our area, high ozone can occur between the months of _____ and _____. Since that falls partly within the school year, we wanted to notify you of the schools policy on ozone exposure (enclosed) and provide you with information on signs and symptoms of ozone exposure as they can occur more than 24 hours after exposure.

Symptoms may include:

- 1) shortness of breath
- 2) coughing
- 3) pain when taking a deep breath
- 4) wheezing
- 5) eye and nose irritation

Talk to your doctor if your child complains of the symptoms listed above, especially if they occur after high ozone days. Please let us know if your child has been impacted by ozone. This information will allow us to develop an exercise routine that allows your child to get plenty of exercise without feeling unwell. Also, if your child has a history of asthma, please be sure to contact the school nurse with all appropriate health forms.

For more information about ozone and how it effects health, please read the publication, "Smog: Who Does It Hurt?" from the Environmental Protection Agency (EPA). You can access the publication on the EPA's website, at <http://www.epa.gov/airnow/health/>. If you do not have access to the internet, we can provide a copy of the document for you to read.

We look forward to a healthy and active new school year!

Enclosure: School Ozone Policy