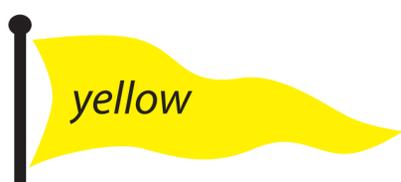


AIR QUALITY FLAG PROGRAM

How will air pollution affect my health and activity today?



GOOD
It's a great day to be active outside.



MODERATE
It's a good day to be active outside. Take it easier if you are unusually sensitive to air pollution.



UNHEALTHY FOR SENSITIVE GROUPS
Older adults, children and teens, people with certain health conditions, and people who are active outdoors should take it easier.



UNHEALTHY
Everyone should take it easier.



VERY UNHEALTHY
Sensitive groups, avoid outdoor exertion. Everyone else, avoid long or intense outdoor exertion.

Go for 150!

The CDC recommends 150 minutes of moderate-intensity activity or 75 minutes of vigorous-intensity activity every week for adults.

Watch for symptoms.

Coughing or shortness of breath are signs to take it easier. Air pollution can also make asthma symptoms worse and trigger attacks.

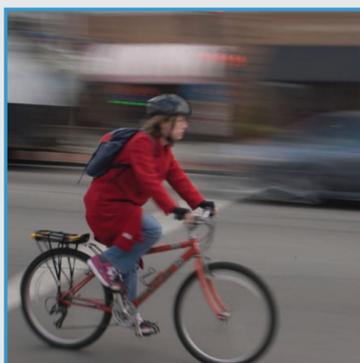
Take it easier.

Take breaks. Be active for a shorter amount of time. Do less intense activities, like walking instead of running.

Plan ahead for ozone.

There is less ozone in the morning, so plan your intense outdoor activities early on high ozone days.

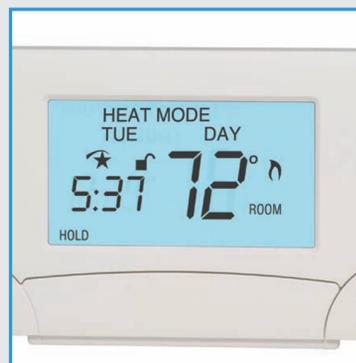
How YOU can improve your local air quality:



Take public transportation, carpool, walk or bike.



Avoid idling and schedule errands together.



Install a programmable thermostat.



Tune your vehicle's engine and keep your tires properly inflated.