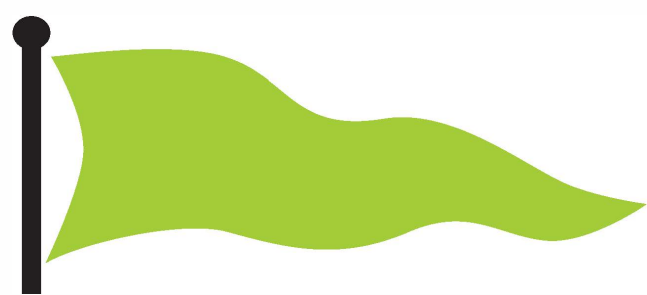


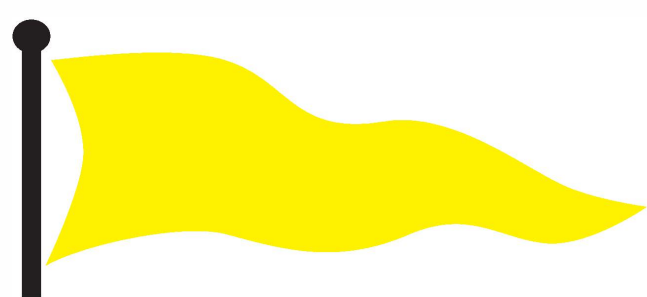


Air Quality Flag Program!

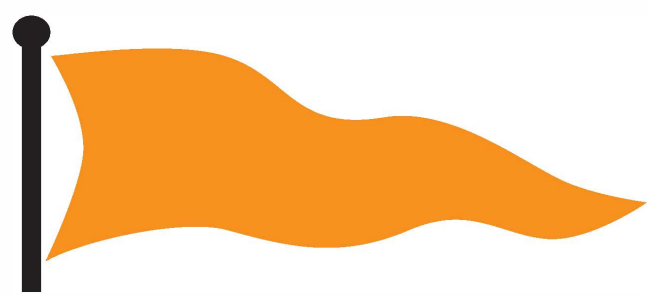
How will air pollution affect my family's health and activity today?



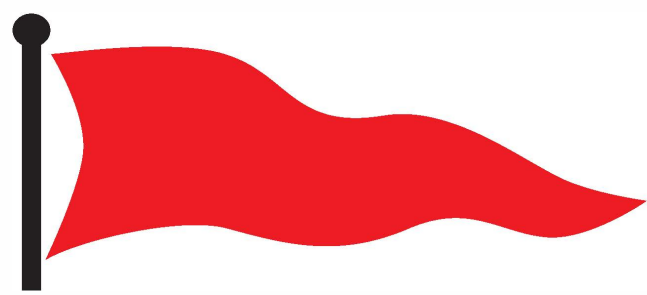
It's a great day to be active outside.



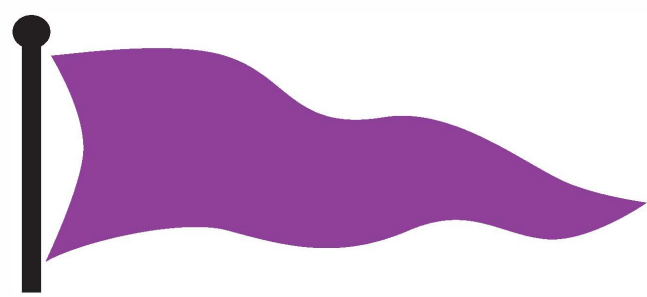
It's a good day to be active outside. Take it easier if you are unusually sensitive to air pollution.



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



Everyone should take it easier.



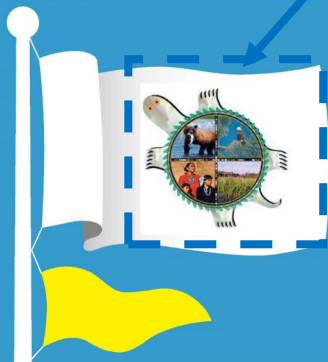
Sensitive groups, avoid outdoor exertion. Everyone else, avoid long or intense outdoor exertion.



Can Improve Air Quality



Graphics bounded by blue dashed lines, and text bounded by red solid lines, can be changed by clicking on them.



Banded Tribes of the Oid Reservation Air Quality Flag Program!

How will air pollution affect my family's health and activity today?

Substitute in any language for the AQI colors and awareness levels.



Eskipakyaaki

MENWIKEKI

It's a great day to be active outside.



Othaawi

KWIENI

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



Nsaanahaateeki

MIYAASIKEKI

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



Meeskwaaki

MIYAASIPEMAATETHIENI

Everyone should take it easier.



Swaaminaateeki

NESI MIYAASIPEMAATETHIENI

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.

Use health messages that are appropriate for your community.

Use pictures in your community to correlate to action messages.

How the Banded Tribes of the Oid Reservation Can Improve Air Quality



Take the tribal transportation, carpool, walk, or ride a bike.



Avoid idling at the Tribal Head Start and everywhere.



Install an efficient clean wood burning stove.



Keep tribal fleet and personal vehicles properly maintained.

Create/select suitable action messages.

Contact Partikulat Madder @ 123-456-7890 for more tips and resources

You can include name, phone, email in the contact section.



www.airnow.gov/flag



Additional health and action messages are available at airnow.gov on the "What You Can Do" link or by doing an internet search for clean air tips.

Tribal Air Quality Flag Program Flyer/Poster Template

Use the editable document titled *Tribal_AQFP_Flyer.pdf* to create a flyer and/or poster that you can customize for use in your own community. The example document titled *Tribal_AQFP_Example.pdf* will help you to easily identify the fields and areas that you can edit.

An important note: the text fields are preset font style and size. You can make small changes to the font size by right clicking on the text, then select Text Style, then selecting either superscript or subscript. Also, you may copy and paste text into a field, however, please note that this will also paste in the font, including the style and size. This may be considered an alternative if you need to enlarge/reduce text or want more customization. For those only wanting to create the messages, it will be easier to type (rather than paste) your messages.

This document is still being reviewed and revised, and may be considered draft. Its first release is at the National Tribal Forum on Air Quality, 2018. If you have any suggestions to improve it, please see the contact information at the end of this document to provide them.

Air Quality Flag Program Health and Action Messages

These health and action messages are provided as examples for the Tribal Air Quality Flag Program Template. However, you should use messages that relate to you and your community, keeping in mind the population and demographics, expected air quality issues, routine activities, etc. Ask yourself what messages will have the greatest impact. Remember that you can create as many Air Quality Flag Program posters/flyers as you want and may want to create different ones for different seasons too!

Conducting an internet search will provide you with detailed messages that will help you and your family and community take actions that will protect their health and help to clean the air we breathe. Type in “clean air tips” or “air related health messages”.

From the AirNow website at <https://www.airnow.gov/index.cfm?action=resources.whatyoucando>:

Air pollution can affect your health and the environment. There are actions every one of us can take to reduce air pollution and keep the air cleaner, and precautionary measures you can take to protect your health.

Transportation Tips

Choose a cleaner commute — car pool, use public transportation, bike or walk when possible.

Combine errands to reduce "cold starts" of your car and avoid extended idling.

Be sure your tires are properly inflated.

Keep car, boat and other engines properly tuned, and avoid engines that smoke.

Follow gasoline refueling instructions for efficient vapor recovery. Be careful not to spill fuel and always tighten your gas cap securely.

Household Tips

Use environmentally safe paints and cleaning products whenever possible.

Some products that you use at your home or office are made with smog-forming chemicals that can evaporate into the air when you use them. Follow manufacturers' recommendations for use and properly seal cleaners, paints, and other chemicals to prevent evaporation into the air.

Conserve electricity. Consider setting your thermostat a little higher in the summer and lower in winter. Participate in local energy conservation programs. Look for the ENERGY STAR label when buying home or office equipment.

Consider using gas logs instead of wood. If you use a wood-burning stove or fireplace insert, make sure it meets EPA design specifications. Burn only dry, seasoned wood.

Lawn and Garden Tips

Mulch or compost leaves and yard waste.

Action Day Tips

Days when ozone is expected to be high:

Conserve electricity and set your air conditioner at a higher temperature.

Choose a cleaner commute—share a ride to work or use public transportation. Bicycle or walk to errands when possible.

Refuel cars and trucks after dusk.

Combine errands and reduce trips.

Limit engine idling.

Use household, workshop, and garden chemicals in ways that keep evaporation to a minimum, or try to delay using them when poor air quality is forecast.

Days when particle pollution is expected to be high:

Reduce or eliminate fireplace and wood stove use.

Avoid using gas-powered lawn and garden equipment.

Avoid burning leaves, trash and other materials.

Excerpted from the Santa Barbara County Air Pollution Control District at <https://www.ourair.org/tips-for-clean-air/>

What One Person Can Do: Top 10 Tips for Cleaner Air and a Healthier Planet

Keep in mind that your choices in two areas – energy use and transportation – will determine your personal contribution to the problems of air pollution and global climate change. Changing these choices will help address these problems!

Drive less: Walk, bike, or take the bus or train instead of driving solo whenever you can.

When you do drive: combine car trips, carpool, keep your car tuned up, keep your tire pressures up, and don't top off your tank at the gas station. If you are looking to buy a new car, see the benefits of Clean-Air Cars.

Use less electricity through energy-efficient products and habits as well as thinking about installing solar panels or a passive solar water heater.

Use less toxic products, such as for household cleaning, painting, washing clothes, or dealing with pests or weeds.

Shop local to reduce energy use and pollution from transportation of products.

Shop sustainable to consider product lifecycle: production, use, and disposal.

Save your fireplace or wood stove for special occasions. Install and use a gas log if you can.

Reduce, Reuse, and Recycle.

Use a broom instead of a leaf blower and if you use a landscaping service, try to make sure it follows green practices.

For additional help, please contact:

James Payne
United States Environmental Protection Agency
Office of Air Quality Planning and Standards
Outreach and Information Division
Community and Tribal Programs Group
109 TW Alexander Drive, Research Triangle Park, NC 27711
919-541-0961
Payne.JamesJ@epa.gov