# AIR QUALITY FLAG PROGRAM

# **FOR SCHOOLS**



# **Air Quality Colors**



It's a great day to be active outside!



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It's OK to go outside and be active for recess or PE class. For longer activities, take it a little easier.



Take it a little easier if you do any outside activities



It's a good day to play inside.

### Go for 60!

CDC recommends 60 minutes or more of physical activity each day.

# Watch for symptoms!

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

## Take it easier.

Take some breaks. Do less intense activities like walking instead of running when it's an orange or red day.

#### Plan ahead for ozone.

There is less ozone in the morning, so do intense activities in the morning on ozone air pollution days.

#### **Around Your School...**

- Ask bus and carpool drivers to turn off their engines if parked for more than 30 seconds.
- Play or exercise as far as possible from busy roads.
- Check the Air Quality Index daily or download the mobile app at www.airnow.gov.



