



Air Quality Flag Program: Quick-Start

Would you like to have a visual way to tell everyone in your organization, school, or community what the air quality will be today? Just fly a flag! The Air Quality Flag Program uses brightly colored flags in the colors of the Air Quality Index to show each day's outdoor air quality forecast.

Step 1: Get the Flags

Purchase the air quality flags online, or seek local support to help you get flags. If you don't have a flag pole, use a hanger or choose another way to show everyone the color for the day.

Step 2: Share with Your Community

Use newsletters, emails, flyers, and social media to announce your program to the community. Tell everyone about the health impacts of air pollution and about the Air Quality Index colors. Everything you need is at www.airnow.gov/flag.

Step 3: Fly the Flag

Go to www.airnow.gov/flag/whichflag.

Put in your zip code, click GO, and the flag you should fly today will appear on the page.

Tomorrow's flag also appears, so you can prepare for the day ahead.

At www.airnow.gov, you can also find the daily air quality, a smartphone app, a website widget, and a sign-up for emails. All of these will tell you which flag to fly.

Which Flag Do I Fly?

Zip Code:

Imperial Valley



Today's Air Quality Forecast
07/30/2015

Ozone: ● Unhealthy for Sensitive Groups
PM2.5: ● Moderate

Imperial Valley



Tomorrow's Air Quality Forecast
07/31/2015

Ozone: ● Moderate
PM2.5: ● Good

Step 4: Take Action

Everyone is affected when the air is unhealthy -- especially older adults, children and teens, people with asthma or heart conditions, and those who work or exercise outdoors.

Know when to do less intense activities, take more breaks, or go indoors.

These Activity Guidelines will help everyone know what to do. There's one about ozone pollution, one about particle pollution, and one for schools at www.airnow.gov/activity-guidance.

Air Quality Guide for Ozone

Ground-level ozone is one of our nation's most common air pollutants. Use the chart below to help industry, agriculture, and other outdoor workers protect their health. For your local air quality, visit www.airnow.gov.

Air Quality Index	Who Needs to be Concerned?	What Should I Do?
Good (0-50)	Everyone	It's a great day to be outdoors.
Moderate (51-100)	Unhealthy for Sensitive Groups	Unhealthy for Sensitive Groups: People with asthma, children, and older adults should limit outdoor activities. People with heart disease should limit outdoor activities.
Unhealthy (101-150)	Everyone	Everyone: Avoid prolonged, heavy outdoor activities. Sensitive groups: Avoid all outdoor activities.
Very Unhealthy (151-200)	Everyone	Everyone: Avoid all outdoor activities. Sensitive groups: Avoid all outdoor activities.
Hazardous (201-300)	Everyone	Everyone: Avoid all outdoor activities. Sensitive groups: Avoid all outdoor activities.

Note: This chart based on air conditions. Ozone levels with the weather closed may be dangerous to sensitive groups, even if the index is in the "Good" range.

Air Quality and Outdoor Activity Guidance for Schools

Regular physical activity -- at least 60 minutes each day -- promotes health and fitness. The table below shows when and how to modify outdoor physical activity based on the Air Quality Index. This guidance is intended to protect the health of all students, including those who are more sensitive than others to air pollution. Check for air quality daily at www.airnow.gov.

Air Quality Index	Outdoor Activity Guidance
Good (0-50)	Great day for active outdoor!
Moderate (51-100)	Good day for active outdoor! Students who are unusually sensitive to air pollution should have symptoms.*
Unhealthy (101-150)	It's OK to be active outdoors, especially for short activities, such as recess and physical education. PE. The longer activities, such as athletic practice, take more breaks and do less intense activities. Keep the activities short and stop when needed. Students with asthma should follow their asthma action plans and keep their quick relief inhalers handy.
Very Unhealthy (151-200)	For all outdoor activities, take more breaks and do less intense activities. Keep the activities short and stop when needed. Students with asthma should follow their asthma action plans and keep their quick relief inhalers handy.
Hazardous (201-300)	Stop all activities outdoors or move them to an indoor day.

Notes for Sensitive Groups
* An individual's outdoor activities should stop when they experience symptoms such as coughing, wheezing, chest tightness, and throat irritation. Sensitive groups should avoid all outdoor activities if they experience any of these symptoms.

How About for Ozone?
Ozone is a respiratory irritant that can cause asthma attacks and other respiratory problems. It is most likely to affect people with asthma. If symptoms occur, people should avoid outdoor activities.

Air Quality Guide for Particle Pollution

harmful particle pollution is one of our nation's most common air pollutants. Use the chart below to help industry, agriculture, and other outdoor workers protect their health. For your local air quality forecast, visit www.airnow.gov.

Air Quality Index	Who Needs to be Concerned?	What Should I Do?
Good (0-50)	Everyone	It's a great day to be outdoors.
Moderate (51-100)	Unhealthy for Sensitive Groups	Unhealthy for Sensitive Groups: People with asthma, children, and older adults should limit outdoor activities. People with heart disease should limit outdoor activities.
Unhealthy (101-150)	Everyone	Everyone: Avoid prolonged, heavy outdoor activities. Sensitive groups: Avoid all outdoor activities.
Very Unhealthy (151-200)	Everyone	Everyone: Avoid all outdoor activities. Sensitive groups: Avoid all outdoor activities.
Hazardous (201-300)	Everyone	Everyone: Avoid all outdoor activities. Sensitive groups: Avoid all outdoor activities.

Learn More

This information and more can be found on the Air Quality Flag Program website: www.airnow.gov/flag.

Register your program on the website to get important updates and an official certificate.