



Air Quality Light Program!



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



HEALTHY

Green

It's a great day to be active outside.

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



ACCEPTABLE

Yellow

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

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



SENSITIVE

Orange

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

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



UNHEALTHY

Red

Everyone should take it easier.

Reduce or reschedule outdoor exercise and strenuous activities.



HAZARDOUS

Purple

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

Close windows and doors to prevent outdoor air from entering. Stay indoors as much as possible, especially during peak pollution times.