

What **COLOR** is Your Air Today?



 **EPA** United States
Environmental Protection Agency

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GOOD

It's a great day to be active outside.

MODERATE

It's a good day to be active outside.

UNHEALTHY FOR SENSITIVE GROUPS

If you're in a sensitive group and outside for hours, take breaks and be less active (less running and jumping). Sensitive groups include people with asthma and all children.

UNHEALTHY

Take breaks and be less active if you are outside (walk instead of run).

VERY UNHEALTHY

It's a good day to be active indoors.

Learn more about the Air Quality Flag Program!

airnow.gov/flag