

# Air Quality Flag Program

SPRING 2022 NEWSLETTER



## EARTH DAY 2022

As you plan your Earth Day celebrations, consider some options from the Flag Program. Do fun activities (otherwise known as lesson plans but we won't tell), read or watch the *Why is Coco Orange?*, fill out a crossword on air quality, or choose something from our Things to Do list. We've got something for everyone! Whatever you do, have fun and thank you for helping make the Earth a better place! <https://www.airnow.gov/earth-day-crossword-puzzle-and-activities/>



This year's theme is **Be Air Aware & Prepared!** During the week, organizations nationwide plan events that increase air quality awareness and encourage people to check the Air Quality Index (AQI) daily. Flag Program participants already do that! This year's daily topics include:

- Monday – Wildfires & Smoke
- Tuesday - Asthma and Your Health
- Wednesday – Citizen Science & Sensors
- Thursday – Environmental Justice & Air Quality
- Friday – Air Quality Around the World

For more information, go to <https://www.airnow.gov/aqaw/>.

## NEW LESSON PLANS

We've heard your requests and are working on new lessons plans for all grades. Recently updated lesson plans include *What's Up There Besides Air* and *Bird's Eye View*. Both are also now available in Spanish!

Find all our classroom curriculum at <https://www.airnow.gov/air-quality-flag-program-classroom-curriculum-publications/>.

Celebrate Earth Day!

See how many of these activities you can do to make the Earth a healthier, better place.

1. Read a **book** about nature  
What are you interested in?
2. Plant a tree  
Make sure it's **native** to your area!
3. Make a **plastic** bird feeder  
Find out what birds in your area like to eat.
4. Create art  
Use recycled objects or things you find outside.
5. Pick up trash  
Make your community a cleaner place to live!
6. Grow a plant  
Start some **veggies or flowers** in your yard or in a pot.
7. Go on a nature walk or **bike**  
What plants and animals do you see?
8. Display an **air quality flag** in your community  
Let everyone know how clean the air is!
9. Get outside and have fun!

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Things to Do

Other Activities

Air Quality Crossword Puzzle

## AIR QUALITY AWARENESS WEEK

MAY 2-6

Is your organization looking for a way to increase the awareness of local and national air quality? Join up with others across the country to participate in Air Quality Awareness Week.

**¿Qué hay allí arriba además del aire?**

SEPA

**Extensión**

- Agripegue los botones del suelo. Pregunte a los alumnos si creen que el aire del suelo está limpio. Escuchado sus respuestas, explique que el aire sucio que está a los alrededores que se eleva que hay allí arriba del Foz de las. Pida a los alumnos que dibujen y describan que se vea lo que venían. Analice sus conclusiones. Pregunteles que cambios se utilizarían si pudieran y que que.
- Pida a los alumnos que hagan un collage con imágenes y recortes de revistas. En una mitad de la hoja, dibujan cosas lindas que se ven cuando se está que está tranquilo el aire. En la otra mitad, dibujan cosas lindas que se ven cuando se está que está tranquilo el aire.
- Pida a los alumnos que hagan un collage (pueden de lo que sea) sobre el tema de los contaminantes del aire.
- Pida a los alumnos que trabajen en grupo y hagan un cartel que diga "Los contaminantes". Pueden investigar sus propios ejemplos peligrosos. Pídanles que expliquen los carteles por toda la escuela.
- Pida a los alumnos que escriban una encuesta de opinión y preguntan a los alumnos más grandes o a los adultos cuales creen que son los principales factores que contribuyen a la contaminación del aire. Pídanles que expliquen cuáles de que más personas creen que es el mayor contaminante. Dibujen, pídanles que compartan sus resultados con la clase y discutan sus conclusiones.

Depending on the level of exposure, health effects from ozone can:

- Cause coughing and sore/scratchy throat.
- Make it more difficult to breathe deeply.
- Inflammate and damage the airways.
- Aggravate lung diseases such as asthma, emphysema, and chronic bronchitis.
- Increase the frequency of asthma attacks.

What can you do when ozone levels are higher? Take it easier when working or playing outside, take more breaks, and schedule outdoor activities in the morning when ozone levels are lower.

We always welcome suggestions for new outreach and learning materials, so don't hesitate to contact us!

## OZONE: A REFRESHER GOOD UP HIGH, BAD NEARBY

Ozone season is beginning in many parts of the country. What does that really mean?

Ozone occurs both in the upper atmosphere and at ground level. In the stratosphere, ozone occurs naturally and helps protect us from the sun's harmful ultraviolet (UV) rays. This beneficial ozone has been partially destroyed by manmade chemicals, causing what is sometimes called a "hole in the ozone layer." However, with continued reductions in emissions, the ozone layer is expected to be completely recovered by the middle of the 21st century.

At ground level, the very same molecule is a harmful air pollutant, especially on hot sunny days when ozone can reach unhealthy levels. Those most at risk include children, older adults, and people with asthma or who are active outdoors, especially outdoor workers.



Of course, all this information takes us back to why we use the Flag Program. Check your Air Quality Index forecasts and display your flags daily to help protect your community when the air quality is poor!

### Flag Team Contacts

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