



Outdoor Air Quality

Did you know?

Air pollution has many sources including traffic, factories, and power plants. Polluted air can cause health effects, especially in people with asthma, lung disease, or heart disease.

Action Plan

- Check your local air quality report. The Air Quality Index (AQI) provides information on air quality and actions you can take to protect your health (for example, limiting outdoor activity if the air quality is bad): airnow.gov.
- If possible, plan outdoor activities away from major air pollution sources like the highway.
- Help reduce air pollution in your neighborhood: take public transportation, walk or bike when possible, and don't idle your vehicle.

Resources

Visit airnow.gov (or download the AirNow app) to find the Air Quality Index, a color-coded scale that shows how clean or polluted the air is:



For any AQI other than "Good", AirNow will provide guidance on how to take action to protect health (especially for sensitive groups, like children with asthma).

USG = Unhealthy for Sensitive Groups

Ask your child's school to use the "Air Quality Flag Program." For more information, visit airnow.gov and scroll down to select "Flag Program."

If your child has asthma, check out weathertrends360.com/asthma for a local "asthma" forecast.

For more information, visit: nyscheck.org/rxs or scan the QR code.



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