



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,

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 (or download the AirNow app).



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

- ❑ 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.

[more](#) →

Resources

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."

For local public transportation information, visit travelhudsonvalley.com (click "Transportation" under "Travel Tools")

For Westchester County- specific information on air quality: health.westchestergov.com/air-quality

For more information, visit: nyscheck.org/rxs

To request an environmental telehealth consultation with one of the experts at the Children's Environmental Health Center of the Hudson Valley, please call 914-493-7585.

