



# 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 lung diseases like asthma, 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):  
[www.airnow.gov](http://www.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.

[more](#) →



## Resources

Visit [www.airnow.gov](http://www.airnow.gov) (or download the AirNow app) to find the Air Quality Index- a color-coded scale that tells how clean or polluted the air is:



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

USG= unhealthy for sensitive groups

Ask your child’s school to use Air Quality “Flag Program”:  
[www.airnow.gov/index.cfm?action=flag\\_program.index](http://www.airnow.gov/index.cfm?action=flag_program.index)

For more information, visit: [www.nyscheck.org/rx](http://www.nyscheck.org/rx)

