

CLEAN AIR, HEALTHY KIDS

AirWatch in Schools

an initiative of
gasp

Exercise is important for a healthy life. The recommended amount of physical activity per day is at least 60 minutes (1 hour). But did you know that air pollution can make it hard for you to breathe? If you have asthma, it can trigger an asthma attack! Coughing and shortness of breath are signs to take it easier.

TIP: Ozone pollution is less common in the morning. Do more intense activities in the mornings on days when the ozone pollution forecast is bad.

Air pollution can make asthma symptoms worse and trigger attacks. Even if you don't have asthma, air pollution is bad for kids' lungs! That's why when the air is dirty, you should try not to play too hard outdoors. Check the air quality every day, and use the colors as a guide. Stay inside and find fun activities for you and your friends to do together if the air is really bad!

UNDERSTANDING THE AIR QUALITY COLORS

Get the daily air quality report online at gaspgroup.org!

GREEN means the air is clean. Green days are the best days to play outside!

YELLOW means the air is moderate, or "OK." Yellow days are good days to be active outdoors.

ORANGE means the air is unhealthy for sensitive groups like kids. Orange days are OK to play outside, but take it easy.

RED means the air is unhealthy. Red days are not good to play outside. Take it easy if you're outdoors.

Purple means the air is very unhealthy. Purple days are not good for playing outdoors. Play indoors instead!

MAROON means the air is hazardous to everybody's health. This is an air emergency. **Do not go outside.**

Tell your parents if you notice symptoms of air pollution. They can report unusual air pollution in your neighborhood by calling (205) 938-4277 and leaving a message describing the pollution and any symptoms you experienced. Learn more about air quality at gaspgroup.org/air-quality.

