



SCHOOL FLAG PROGRAM

Air Quality Colors



It's a great day to be active outside!



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It's OK to go outside and be active for recess or PE class. For longer activities, take it a little easier.



Take it a little easier if you do any outside activities.

Go For 60!

CDC recommends 60 minutes or more of physical activity each day.

Watch for symptoms!

Coughing or shortness of breath are signs to take it easier. Air pollution can make asthma symptoms worse and trigger attacks.

Take it easier.

Take some breaks. Do less intense activities like walking instead of running when it's an orange or red day.

Plan ahead for ozone.

There is less ozone in the morning. Do intense activities in the morning on ozone air pollution days. Remember to fuel up vehicles after dark during ozone season.

Around Your School...

- Ask bus and carpool drivers to turn off their engines if parked for more than 30 seconds.
- Play or exercise as far as possible from busy roads.
- Check the Air Quality Index daily at <http://www.azdeq.gov/environ/air/assessment/hpa.html> or subscribe to our daily air quality, high pollution advisories at: <http://www.azdeq.gov/ceh/flag.html>.