

## **GOOD**

It's a great day to be active outside.

## **MODERATE**

It's a good day to be active outside.

## **UNHEALTHY FOR SENSITIVE GROUPS**

If you're in a sensitive group and outside for hours, take breaks and be less active (less running and jumping). Sensitive groups include people with asthma and all children.

## **UNHEALTHY**

Take breaks and be less active if you are outside (walk instead of run).

## **VERY UNHEALTHY**

It's a good day to be active indoors.

Learn more about the Air Quality Flag Program!

[\*\*airnow.gov/flag\*\*](http://airnow.gov/flag)