



Air Quality Flag Program: Quick-Start

Would you like to have a visual way to tell everyone in your organization, school, or community what the air quality will be today? Just fly a flag! The Air Quality Flag Program uses brightly colored flags in the colors of the Air Quality Index to show each day's outdoor air quality forecast.

Step 1: Get the Flags

Purchase the air quality flags online, or seek local support to help you get flags. If you don't have a flag pole, use a hanger or choose another way to show everyone the color for the day.

Step 2: Share with Your Community

Use newsletters, emails, flyers, and social media to announce your program to the community. Tell everyone about the health impacts of air pollution and about the Air Quality Index colors. Everything you need is at www.airnow.gov/flag.

Step 3: Fly the Flag

Go to www.airnow.gov/flag/whichflag.

Put in your zip code, click GO, and the flag you should fly today will appear on the page.

Tomorrow's flag also appears, so you can prepare for the day ahead.

At www.airnow.gov, you can also find the daily air quality, a smartphone app, a website widget, and a sign-up for emails. All of these will tell you which flag to fly.

Which Flag Do I Fly?

Zip Code:

Imperial Valley

Today's Air Quality Forecast
07/30/2015

Ozone ● Unhealthy for Sensitive Groups
PM2.5 ● Moderate

Imperial Valley

Tomorrow's Air Quality Forecast
07/31/2015

Ozone ● Moderate
PM2.5 ● Good

Step 4: Take Action

Everyone is affected when the air is unhealthy -- especially older adults, children and teens, people with asthma or heart conditions, and those who work or exercise outdoors.

Know when to do less intense activities, take more breaks, or go indoors.

These Activity Guidelines will help everyone know what to do. There's one about ozone pollution, one about particle pollution, and one for schools at www.airnow.gov/activity-guidance.

Air Quality Index	Who Needs to be Concerned?	What Should I Do?
Good (0-50)	Everyone	It's a great day to be active outside.
Moderate (51-100)	Unhealthy for Sensitive Groups	Unhealthy for Sensitive Groups: People with asthma, children, and older adults should limit outdoor activities. People with heart disease should limit outdoor activities.
Unhealthy (101-150)	Everyone	Unhealthy: Everyone should limit outdoor activities. People with asthma, children, and older adults should avoid outdoor activities. People with heart disease should avoid outdoor activities.
Very Unhealthy (151-200)	Everyone	Very Unhealthy: Everyone should avoid outdoor activities. People with asthma, children, and older adults should avoid outdoor activities. People with heart disease should avoid outdoor activities.
Hazardous (201-300)	Everyone	Hazardous: Everyone should avoid outdoor activities. People with asthma, children, and older adults should avoid outdoor activities. People with heart disease should avoid outdoor activities.

Air Quality Index	Outdoor Activity Guidance
Good (0-50)	Great day for active outdoor!
Moderate (51-100)	Good day for active outdoor! Members who are unusually sensitive to air pollution could have symptoms.*
Unhealthy (101-150)	It's OK to be active outside, especially for short activities, such as games and physical education. Do longer activities such as practice, but move breaks and do less intense activities. People with asthma should follow their asthma action plans and keep their quick relief inhaler handy.
Very Unhealthy (151-200)	For all outdoor activities, take more breaks and do less intense activities. People with asthma should follow their asthma action plans and keep their quick relief inhaler handy. Members with asthma should follow their asthma action plans and keep their quick relief inhaler handy.
Hazardous (201-300)	Avoid all activities outdoors or move them to another day.

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Unhealthy (101-150)	Everyone	Unhealthy: Everyone should limit outdoor activities. People with asthma, children, and older adults should avoid outdoor activities. People with heart disease should avoid outdoor activities.
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Hazardous (201-300)	Everyone	Hazardous: Everyone should avoid outdoor activities. People with asthma, children, and older adults should avoid outdoor activities. People with heart disease should avoid outdoor activities.

Learn More

This information and more can be found on the Air Quality Flag Program website: www.airnow.gov/flag.

Register your program on the website to get important updates and an official certificate.