Three Things KIDS Can Do

1. Find out what color day it is for air quality.
   - Visit the AIRNow web site at www.airnow.gov
   - Tell your parents about the AQI so they can help you.

2. Protect your health when the air is dirty.
   - Take it easier when you play outside.
   - If it feels harder to breathe, tell an adult.

3. Visit the AQI kids’ site at: www.airnow.gov
   (click on "Kids" on the left side of the web page)