

Breathe Smart!

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)

