



Outdoor activities are recommended for all children and adults.

Get plenty of exercise outdoors!

GO!

Outdoor activities are recommended for most children and adults except those known to respond to air pollution at this level.

MODERATE

Outdoor exertion for all children, the elderly and for sensitive adults should be limited. When possible, all outdoor activity should be moved to times of day when the pollutant of concern is lowest.

UNHEALTHY
[for sensitive groups]

Outdoor activities should be avoided completely for children and adults. Depending on the pollutant that is high, there may be some times during the day that are safer for outdoor activity.

UNHEALTHY
[for everyone]

This program uses colored flags (green, yellow, orange and red) based on the U.S. Environmental Protection Agency's Air Quality Index (AQI).

Monitoring air quality in Atlanta is important because the entire metropolitan area has many days each year, particularly during the summer, when the air has unhealthy concentrations of ground-level ozone, fine particles or both.

Air pollution is harmful, especially for children, youth and seniors, and is linked to many serious heart and lung diseases, including asthma, emphysema and heart attack.

WHAT IS THE PURPOSE OF THE PROGRAM?

The purpose of the School AQI Flag Program is to **communicate daily air quality** to principals, teachers, coaches, students and parents to inform good choices on "bad air" days.

Reducing exposure on orange and red days is particularly important for children and youth. They are at greater risk from air pollution because their lungs are still developing and they breathe in more air per pound of body weight than adults.



**Mothers
& Others
FOR CLEAN AIR**

HOW CAN WE REDUCE THE AMOUNT OF POLLUTION WE BREATHE IN?

Follow the chart above to reduce exposure on yellow, orange and red days.

Physical activity is important for good health, so plan plenty of active time outside on green days!

Ozone pollution peaks between 2:00 p.m. and 7:00 p.m. When it is high, move outdoor activities to the morning and limit outdoor time after 2:00 p.m. as much as possible.

Particle pollution peaks during morning and evening rush hour but often stays high all day. If it is high, it is best to find indoor alternatives for physical activity.

If a healthy indoor space is not available, the intensity and duration of outdoor physical activity should be reduced. The faster the breathing rate, the more air pollution is taken into the body.

Rebecca Watts Hull, Director

817 West Peachtree Street | Suite 200 | Atlanta, GA 30308
tel 404-313-1779 | rebecca@mocleanair.org | www.mocleanair.org