



Air Quality Index Color of the Day







Today's air quality index is

GREEN





**It's a great
day to be active
outside!**

For more information: *[Airnow.gov/flag](https://airnow.gov/flag)*





Today's air quality index is

YELLOW





Air quality
is moderate.

For more information: [*Airnow.gov/flag*](https://airnow.gov/flag)





Today's air quality index is

ORANGE





For more information:

Airnow.gov/flag

**Air is unhealthy
for children, older
adults and people
with asthma.**

Watch for symptoms!

Coughing or shortness of breath are signs to take it easier. Air pollution can make asthma symptoms worse and trigger attacks.





Today's air quality index is

RED





For more information:

[Airnow.gov/flag](https://airnow.gov/flag)



**Air quality is
unhealthy.
Take precautions.**

Take it easy.

Take some breaks. Do less intense activities outdoors, like walking instead of running. Watch for symptoms of coughing or wheezing.





Today's air quality index is

PURPLE





For more information:
[Airnow.gov/flag](https://airnow.gov/flag)

**It's a good day to
play inside.**

Don't spend prolonged time outdoors. Watch
for symptoms of coughing or wheezing.





The Air Quality Flag Program is a great tool to increase awareness of bad air quality conditions. The program notifies people to take necessary precautions to protect their health on bad air quality days to prevent coughing, wheezing, and asthma attacks. The flag colors correspond to colors used in EPA's Air Quality Index (AQI), which tells how clean or polluted the air is that day. This is particularly important for groups at greater risk from pollution, including children, people with asthma or heart disease, older adults and those who are active outdoors.

Learn more about the program!

Lung.org/TN-air-quality-flags

Questions or Comments?

Contact Christine at
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Assembly Instructions

It's simple!

- 1) Print out document on card stock on. Print on both sides (flip sheet on short edge)
 - 2) Cut out pages
 - 3) Punch holes in marked areas
 - 4) Clip two binder rings to the top two holes
 - 5) Hang in classroom, lobby, anywhere!
 - 6) Pay attention to the daily AQI and flip to the appropriate flag that day!
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