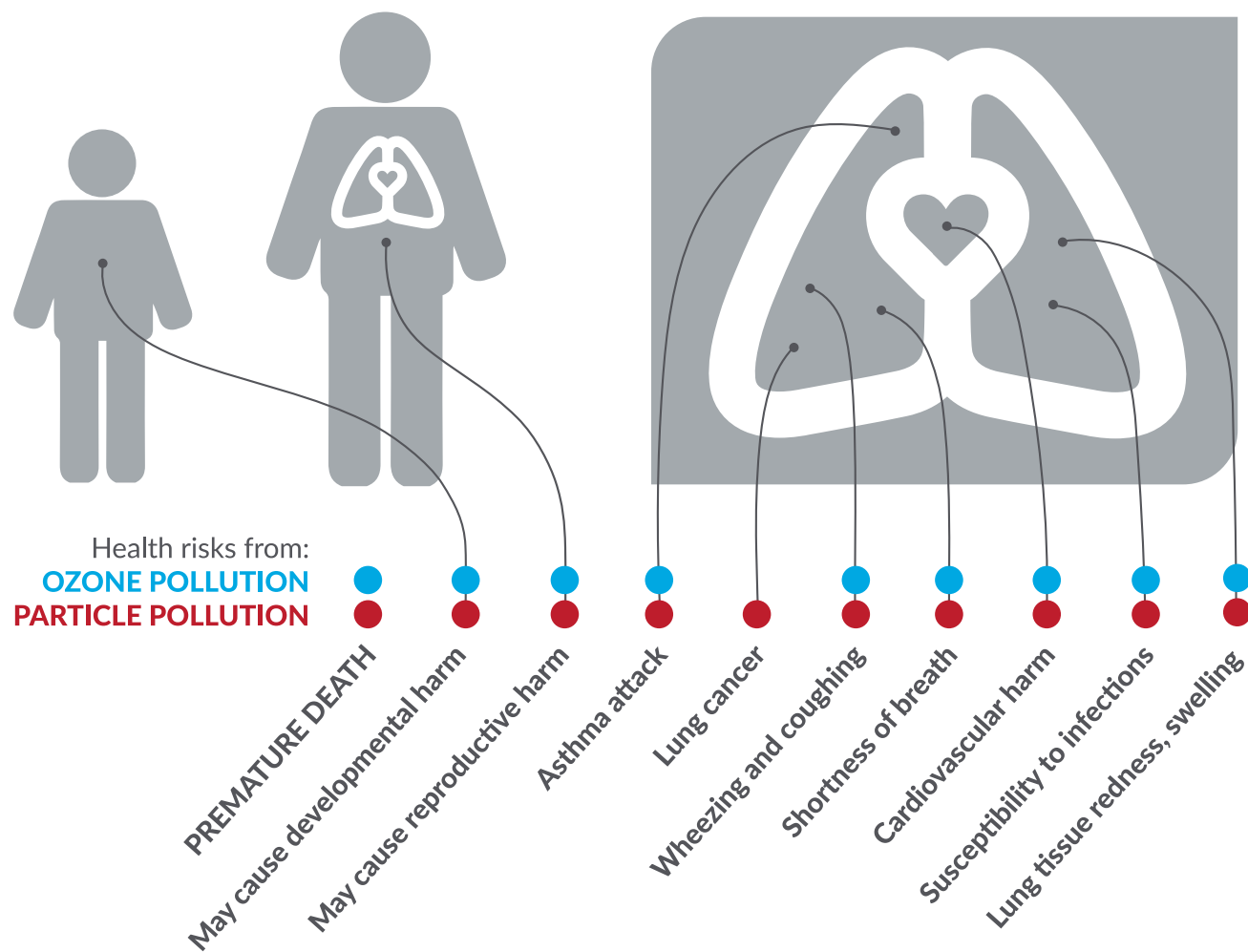




PROTECT YOURSELF FROM OUTDOOR AIR POLLUTION

AIR POLLUTION MAY BE INVISIBLE,
BUT IT CAN GREATLY IMPACT YOUR HEALTH.



TIPS TO PROTECT YOURSELF FROM DANGEROUS AIR POLLUTION:

1. Check the Air Quality Index daily or download the mobile app at airnow.gov.
2. Make an effort to stay indoors if air quality is bad that day.
3. Do not play or exercise near busy roads.
4. Watch for symptoms. Air pollution can make asthma symptoms worse and trigger attacks.

Many people face greater risk from air pollution: children, teens and older adults; people with lung diseases, cardiovascular diseases or diabetes; and even healthy adults who work or exercise outdoors.

Ask your doctor how air pollution impacts your health.

Learn more at Lung.org/HealthyAir