





# Outdoor Activity Guide for ADEQ's Air Quality Flag Program

Regular physical activity promotes health and fitness. The table below shows what the flag colors mean, including when and how outdoor physical activity may be modified based on the air quality. Following these guidelines can help protect the health of all Arizonans from the impacts of air pollution. Ideas for school classroom activities on less healthy days can be found online at [azdeq.gov/FlagProgram](http://azdeq.gov/FlagProgram).

*Those with asthma, follow your asthma action plan and keep quick relief medicine handy.*

Flag Color	Air Quality	Sensitive Groups	General Public
	Air quality is good.	Weather permitting, it's a great day to be active outside.	
	Air quality is fair.	Unusually sensitive people should consider reducing prolonged outdoor exertion. Watch for symptoms such as coughing or shortness of breath.	It's a good day to be active outside.
	Air quality is approaching unhealthy.	Sensitive people including children, older adults, pregnant women and those with heart or lung disease should take more breaks, lower the activity's intensity and watch for symptoms.	It's OK to be active outside, especially for short periods.
	Air quality is unhealthy.	For everyone working or playing outdoors, take more breaks and do less intense activity. Consider rescheduling longer or more intense outdoor activities or moving them indoors.	