

# AIR QUALITY FLAG PROGRAM

## What do the Flag Colors Mean?

The color of the flag flying outside lets you know today's air quality conditions.



### **GOOD**

Air quality is good. Weather permitting, it's a great day to be active outside.



### **MODERATE**

Air quality is fair, but may be a health concern to those who are unusually sensitive to air pollution. Watch for symptoms and reduce prolonged outdoor exertion.



### **HIGH POLLUTION ADVISORY**

Air quality is approaching unhealthy or could be unhealthy. Sensitive people, including children, older adults, pregnant women and those with heart or lung disease should take more breaks, lower outdoor activity intensity and watch for symptoms.

## WATCH FOR SYMPTOMS

Common symptoms to look out for are irritation of the eyes, nose and throat, including coughing, chest tightness and shortness of breath.

You may need to take breaks, choose less intense outdoor activities (e.g., walking instead of running), or move activities indoors.

Air pollution may also make asthma symptoms worse and trigger attacks. Those with asthma should follow their asthma action plan and keep quick-relief medicine handy on moderate to unhealthy days.

## AROUND YOUR ORGANIZATION...

- Check the hourly forecast at [azdeq.gov/forecast](http://azdeq.gov/forecast) to plan outdoor activities during times with better air quality.

