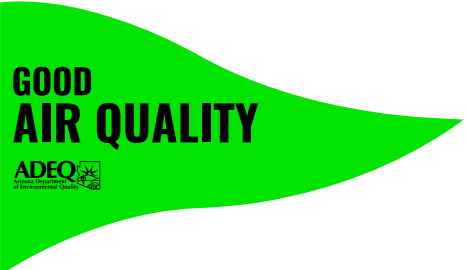




# Outdoor Activity Guide for Flag Program Participants

Regular physical activity promotes health and fitness. The table shows when and how to modify outdoor physical activity based on the forecast Air Quality Index (AQI). This guidance can help protect the health of all Arizonans from the impacts of air pollution. For more information, visit: [azdeq.gov/FlagProgram](http://azdeq.gov/FlagProgram). You can also view the air quality forecasts here: [azdeq.gov/forecast](http://azdeq.gov/forecast).

*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 moderate.	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 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.	It may be OK to be active outside, but consider reducing prolonged outdoor activities. Check the air quality forecast for more details.