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

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...
- Ask drivers to turn off their engines, if parked for more than 30 seconds.
- Check the hourly forecast at azdeq.gov/forecasting to plan outdoor activities during times with better air quality.

UNHEALTHY
Air quality is unhealthy. Take more breaks, shorten outdoor activities or choose less-intense activities. Consider rescheduling longer or more intense outdoor activities or moving them indoors.

azdeq.gov/FlagProgram