**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. If you experience these symptoms:

- Talk to the nurse
- Take breaks
- Choose less-intense outdoor activities, such as walking instead of running
- Move indoors

Air pollution may also make asthma symptoms worse and trigger attacks. Follow your asthma action plan.

**MODERATE**
Air quality is fair, but may be a health concern to students or staff who are unusually sensitive to air pollution.

**AROUND YOUR SCHOOL...**
- Ask bus and carpool drivers to turn off their engines, if parked for more than 30 seconds. Learn more about reducing vehicle emissions at azdeq.gov/IdlingReductionProgram.
- Check the hourly forecast at azdeq.gov/Forecasting to plan outdoor activities during times with better air quality.

**UNHEALTHY FOR SENSITIVE GROUPS**
Air quality is approaching unhealthy. It’s OK to go outside and be active for short periods, such as for recess or PE. Avoid longer outdoor activities if sensitive to pollution.

**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.

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