

NEW JERSEY AIR QUALITY FLAG PROGRAM



GOOD

It's a great day to be active outside.

Nice Day to Go Outside!

Everyone can enjoy outdoor activities when the air quality is good.



MODERATE

It's a good day to be active outside. Take it easier if you are unusually sensitive to air pollution.

Watch for symptoms!

Coughing or shortness of breath are signs to take it easier. Air pollution can make asthma symptoms worse and trigger attacks.



UNHEALTHY FOR SENSITIVE GROUPS

It's OK to go outside and be active for recess or PE class. For longer activities, take it a little easier.

Take it easier.

Take some breaks. Be active for a shorter amount of time. Do less intense activities, like walking instead of running.



UNHEALTHY

Take it a little easier if you do any outside activities.



VERY UNHEALTHY

It's a good day to play inside.

Plan ahead for ozone.

There is less ozone in the morning, so plan your intense outdoor activities early on high ozone days.

Around your school...

Bus drivers, carpoolers, and parents should turn off their vehicle engines if parked for more than 3 minutes.

Check the flag color and air quality forecast before going outside for gym or recess.

Play or exercise as far as possible from busy roads.

Check the Air Quality Index daily or download the mobile app at www.airnow.gov.



dep.nj.gov/njaqflagprogram