Air Quality Flag Program for Schools

The Air Quality Flag Program provides information to help protect you and your family from air pollution. By checking local school flagpoles and comparing the colored flags to the index, you can tell what the daily air quality is, and adjust your activities to reduce your exposure to air pollution. This pilot program is being offered at a limited number of participating schools throughout Orange, and the urban areas of Los Angeles, Riverside, and San Bernardino counties at this time. For more information, give us a call at 1-800-4-CLN-AIR.

AQMD *AIR QUALITY* Flag *PROGRAM*

Air pollution in our region affects us all. It can be especially harmful to the elderly, people with lung or heart problems, and children whose lungs are still growing.

Air pollution can damage lungs, trigger asthma episodes, and weaken immune systems. Knowing when the air is bad can help us all avoid unhealthful outdoor physical activities during these times.

Did you know that about 800,000 children in California have asthma?*

Your school is participating in a program to help protect children from air pollution. A special flag will be flown at school each day to let everyone know what the air quality is (see opposite page). Schools in the program can opt to adjust their outdoor activities according to the levels of air pollution – helping to protect the health of children.

If you, your children, or anyone else in your family has lung or heart problems, or compromised immune systems, special care should be taken on bad air days. Even healthy individuals who exercise outside regularly should be aware when there is bad air quality.

Is the air getting to you? If you feel like this, tell your teacher and parents.
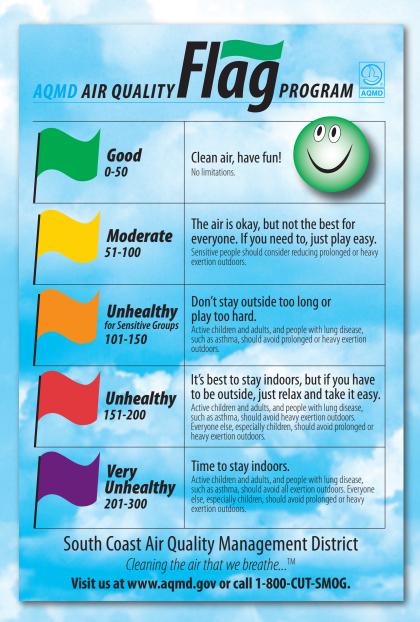
- Shortness of Breath
- Coughing
- Nausea
- Headache
- Eye and/or Nose Irritation
- Wheezing
- Pain When Taking a Deep Breath

* *American Lung Association of California*

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Flag	Level	Description
Green	**Good** 0-50	**Clean air, have fun!** No limitations.
Yellow	**Moderate** 51-100	**The air is okay, but not the best for everyone. If you need to, just play easy.** Sensitive people should consider reducing prolonged or heavy exertion outdoors.
Orange	**Unhealthy** *for Sensitive Groups* 101-150	**Don't stay outside too long or play too hard.** Active children and adults, and people with lung disease, such as asthma, should avoid prolonged or heavy exertion outdoors.
Red	**Unhealthy** 151-200	**It's best to stay indoors, but if you have to be outside, just relax and take it easy.** Active children and adults, and people with lung disease, such as asthma, should avoid heavy exertion outdoors. Everyone else, especially children, should avoid prolonged or heavy exertion outdoors.
Purple	**Very Unhealthy** 201-300	**Time to stay indoors.** Active children and adults, and people with lung disease, such as asthma, should avoid all exertion outdoors. Everyone else, especially children, should avoid prolonged or heavy exertion outdoors.

South Coast Air Quality Management District
Cleaning the air that we breathe...™
Visit us at www.aqmd.gov or call 1-800-CUT-SMOG.

This Air Quality Index magnet tells you what to consider based on the daily air quality forecast. You can place it on your refrigerator for easy viewing.