

# CLEAN AIR PARTNERS' GUIDE TO Keeping Your Lungs Happy



Before you venture outdoors, check out the air quality first by signing up for daily AirAlerts at [CleanAirPartners.net](http://CleanAirPartners.net).



Unfamiliar with the Clean Air Partners Air Quality Action Guide? That's okay! Take a look at the snapshot below to learn how to protect your health and improve our region's air quality.

## CODE GREEN GOOD

Get outside!

Your lungs have nothing to worry about – but, please help keep your air clean. Need some recommendations? Clean Air Partners has you covered. Enjoy the great outdoors!



Rather than drive – bike, walk, or take transit



Plant a tree



Conserve energy and replace incandescent light bulbs with CFLs

## CODE YELLOW MODERATE

Careful, if you're at risk.

Some pollution is in the air. Sensitive groups (children, older adults, people with respiratory or pulmonary conditions, and athletes who are active outdoors) must be very careful when spending time outside.



Perform maintenance on your car



Bundle errands



Check AirAlerts

## CODE ORANGE UNHEALTHY FOR SENSITIVE GROUPS

No soccer practice today-kids. And no walks in the park Grandpa.

Pollution levels are harmful to our region's sensitive groups. Limit your physical outdoor activity.



Carpool



Put off lawn care until air quality improves



Refuel your car in the evening



Use a gas or electric grill instead of charcoal

## CODE RED UNHEALTHY FOR EVERYONE

Don't go for a run like I just did. \*cough, cough\*

Everyone should limit strenuous outdoor activity during Code Red – air quality is unhealthy to breathe for all.



Telework or take public transit



Turn off lights and electronics when not in use



Don't use chemicals on your lawn or garden



Sign up for AirAlerts. Protect your lungs and our air.

Visit [CleanAirPartners.net](http://CleanAirPartners.net) to get daily AirAlerts and discover additional steps you can take each day to improve our region's air quality, protect your health, and improve the environment.

