

Protect Your Lung Health During Poor Air Quality Days

While air pollution is not good for anyone to breathe, **some individuals are more at risk** of its effects, including children; older adults; individuals who are pregnant; people living with asthma, chronic obstructive pulmonary disease (COPD) and other chronic diseases; people of color; people who have lower incomes; people who work outdoors; and people who live or work near sources of pollution.

Prepare for Unhealthy Air

- Each Day
 - **The Air Quality Index, or AQI**, is used to warn the public when air pollution is dangerous. The media use the AQI to report air quality levels and alerts year-round. The Environmental Protection Agency's (EPA's) website, airnow.gov, provides current air quality information.
 - The AQI uses measured pollution levels to rate the air quality on a scale of 0 to 500 in six color-coded categories:
 - **Green**—Good air quality, with pollution levels at 0 to 50
 - **Yellow**—Moderate risk, 51 to 100
 - **Orange**—Unhealthy for sensitive groups, 101 to 150
 - **Red**—Unhealthy, 151 to 200
 - **Purple**—Very Unhealthy, 201 to 300
 - **Maroon**—Hazardous, 301 and higher
 - **Keeping track of the current air quality information in your area**—and taking precautions when the air quality is code orange or worse—can help you protect yourself and your loved ones from unhealthy levels of air pollution.

Have asthma, COPD or other lung diseases?

- Follow your doctor's orders for treatment and medications. Make sure you have a management plan to keep your best health. Ask your doctor to prepare one for you. Learn more about these plans: [Create An Asthma Action Plan](#) and [COPD Action Plan & Management Tools](#).
- Keep all your medicines and tools, like peak flow meters, ready to go.
- Contact American Lung Association's Lung Health Navigators for personalized support and education for managing your lung disease during poor air quality days. 1-866-252-2959 or Lung.org/navigator
- Limit the amount of time you spend outdoors on poor air quality days. Consider ordering essentials through a delivery service or running errands on days when the air quality forecast is green or yellow.
- Keep windows and doors closed during poor air quality days.



Coordinating Partners:

