

Air Quality Monitors Collect
Ozone and Particle Pollution Data



Over 3,000 state and local monitors transfer data hourly for over 450 cities

- Excercise away from busy roads
- Choose less strenuous activities
- Exercise for less time
- Be active outdoors when air quality is better



- Carpool, use public transportation, bike or walk
- Don't spill fuel at the gas station
- Reduce energy use



When the AQI is Orange or Above





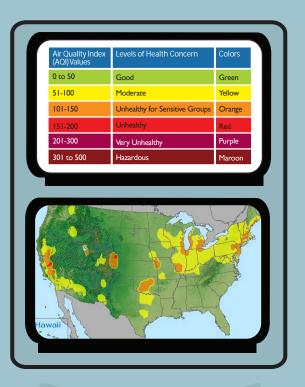
## **Get the AQI**

**Go to AirNow.gov to get**:

- Your local AQI
- The AirNow app
- The AirNow widget
- EnviroFlash emails

Or check your local weathercast

## AirNow Converts Data to the Air Quality Index (AQI)



## Who Should Use the AQI?

Everyone's heart and lungs can be harmed by unhealthy air. Those most at risk are:

- People with heart or lung disease
- People active outdoors
- Older adults
- Children
- Outdoor workers

