



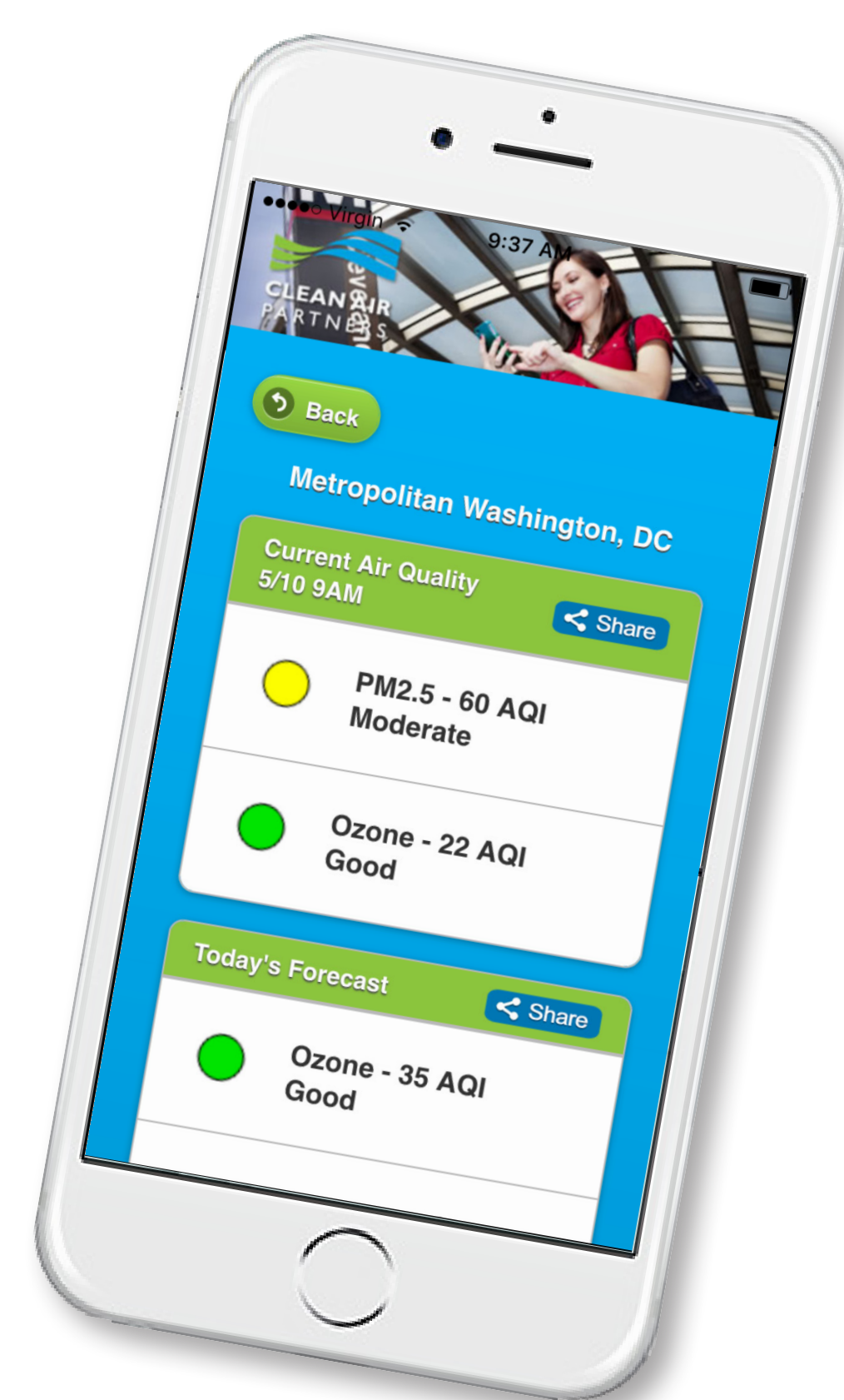
CLEAN AIR PARTNERS
DC-MD-VA

CLEAN AIR PARTNERS' GUIDE TO

Keeping Your Lungs Happy



Before you venture outdoors, check your air quality through Clean Air Partners' Air Quality App. Visit CleanAirPartners.net for more information!



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 your air quality

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
- Download the Air Quality App

#BreatheEasy this summer and download the Clean Air Partners Air Quality App to discover simple ways you can improve our region's air quality, protect your health, and improve the environment.



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