NEW JERSEY AIR QUALITY FLAG PROGRAM

How will air pollution affect my health and activity today?

GOOD
It’s a great day to be active outside.

Nice Day to Go Outside!
Everyone can enjoy outdoor activities when the air quality is good.

MODERATE
It’s a good day to be active outside. Take it easier if you are unusually sensitive to air pollution.

Watch for symptoms!
Coughing or shortness of breath are signs to take it easier. Air pollution can make asthma symptoms worse and trigger attacks.

UNHEALTHY FOR SENSITIVE GROUPS
Older adults, children and teens, people with certain health conditions, and people who are active outdoors should take it easier.

Take it easier.
Take some breaks. Be active for a shorter amount of time. Do less intense activities, like walking instead of running.

UNHEALTHY
Everyone should take it easier.

Plan ahead for ozone.
There is less ozone in the morning, so plan your intense outdoor activities early on high ozone days.

VERY UNHEALTHY
Sensitive groups, avoid outdoor exertion. Everyone else, avoid long or intense outdoor exertion.

How YOU can improve your local air quality:

- Take public transportation, carpool, walk or bike.
- Avoid idling and schedule errands together.
- Install a programmable thermostat.
- Tune your vehicle’s engine and keep your tires properly inflated.

dep.nj.gov/njaqflagprogram