


# Is the Air Safe to Play?

## AIR QUALITY & PHYSICAL ACTIVITY

Poor air quality causes significant damage to your children's health. Limit activity during poor air quality days to prevent respiratory infections, asthma, difficulty breathing, and long term lung damage. Use the following tools to discover the air quality in your community and determine which activities are safe.

<p><b>Use</b> the EPA's Smoke Sense Smart Phone App to find out the air quality in your family's neighborhood.</p> <p><b>Find</b> it on Google Play and the Apple Store.</p> <p>or</p> <p><b>Go to</b> <a href="http://airnow.gov">airnow.gov</a> and enter your zip code.</p> 	<b>Good</b>	No need to limit any physical activity. The CDC recommends children get 60 minutes of physical activity every day.
	<b>Moderate</b>	Kids with asthma or other respiratory issues should stay inside. Other kids should stick to moderate activities.
	<b>Sometimes Unhealthy</b>	Kids with respiratory issues should stay indoors doing light activities. Kids without respiratory issues can do light activities outside.
	<b>Unhealthy</b>	Everyone should stay indoors and do light activities only.
	<b>Very Unhealthy &amp; Hazardous</b>	Stay Indoors and limit all activity.

For more information, visit:  
[PEHSU.net](http://PEHSU.net)  
[WA.doh.gov/smokefromfires](http://WA.doh.gov/smokefromfires)  
[WAburnbans.net](http://WAburnbans.net)

Contact the Northwest PEHSU  
 1-800-KID-CHEM  
[pehsu@uw.edu](mailto:pehsu@uw.edu)  
[DEOHS.Washington.edu/PEHSU](http://DEOHS.Washington.edu/PEHSU)

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