

The logo for 'love my air WI' is set against a background of a blue sky with white clouds. The word 'love' is in red, 'my' is in orange, and 'air' is in blue. A small blue heart is positioned above the 'i' in 'air', and 'WI' is written in blue above the 'r'.

## **POLLUTED AIR IS BAD FOR YOUR LUNGS**

LEARN ABOUT AIR QUALITY  
NEAR YOU



Sources of air pollution

**CLEAN AIR**  
**STRONG LUNGS**  
**HEALTHY KIDS**

SCAN THE QR CODE



TO CHECK AIR QUALITY  
NEAR YOU

A circular logo with a blue background and a white border. The text 'love my air WI' is written in white, with a small blue heart above the 'i' in 'air'.

Love My Air Wisconsin is a program  
of Children's Health Alliance of  
Wisconsin.

[www.chawisconsin.org/air](http://www.chawisconsin.org/air)

# WHAT COLOR IS YOUR AIR TODAY?

**GOOD**

GREAT TO BE  
ACTIVE OUTSIDE

**MODERATE**

GOOD TO BE  
ACTIVE OUTSIDE

**UNHEALTHY**  
(sensitive  
groups)

OK TO BE ACTIVE  
OUTSIDE FOR A  
SHORTER TIME

**UNHEALTHY**  
(all groups)

MINIMIZE ACTIVITY  
OUTSIDE AND CONSIDER  
INDOOR ACTIVITIES

**VERY  
UNHEALTHY**

BEST TO STAY  
ACTIVE INSIDE

**REMEMBER TO ALWAYS  
FOLLOW YOUR ASTHMA  
ACTION PLAN**

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