



WHAT TO DO WHEN THE AIR QUALITY IS BAD

How to keep your family safer

WHY IS THE AIR BAD THIS SUMMER?

The haze in the sky this summer is likely air pollution. Whether wildfire smoke or smog related to extreme heat, it is important to take precautions. Children are especially vulnerable to the health impacts of air pollution.

The most harmful component of wildfire smoke is fine particle pollution, also known as PM2.5 or soot—a dangerous air pollutant. Immediate health impacts of smoke inhalation can include coughing, trouble breathing, irritated eyes, and asthma attacks.

Extreme heat can combine with air pollution to create smog, also known as ozone—a powerful lung irritant. Immediate health impacts of smog can include coughing, shortness of breath, chest pain, and asthma attacks.

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MOMS
clean air
FORCE



FOUR STEPS YOU CAN TAKE

1 Check your local air quality.

Find local air quality information on your phone's weather app or AirNow.gov—and act accordingly.

2 Minimize your exposure to smoke and smog.

If the AQI is “unhealthy for sensitive groups” or worse, consider staying indoors. All children under 18, even those without health conditions, fall into this category. Wearing an N95 mask outdoors can help with wildfire smoke.

3 Talk to care providers about their plans.

Ask your child's summer camp, day care, or school if they follow state guidance on bad air quality days—and let them know your preferences as a parent or caretaker.

4 Choose lower intensity activities.

Activities like walking are preferable to running when air quality is bad. Limit time spent outdoors, and get creative about indoor games and fun.