

# DO YOU KNOW THE CODE?



**A**ir pollution can harm your health, even if you cannot see it or smell it. Air pollution can irritate your respiratory system and can impair your ability to breathe. Older adults and children are especially sensitive to the effects of air pollution.

Learn about the air quality forecast (code) and steps you can take to protect your health.

**Call 1-888-RU4NCAIR (784-6224)**



# KNOW THE CODE!

Get the daily code at 1-888-RU4NCAIR (784-6224) or [www.ncair.org](http://www.ncair.org)

## Tips for protecting your health:

- Check the daily air quality forecast (code) when you will be going outside
- Use caution on code orange and red days
- Plan outdoor activities, such as exercise and trips to the park or zoo, for the morning and early evening hours

Air Quality Code	Meaning
Good	Air quality is considered satisfactory, and air pollution poses little or no concern. Go outside and enjoy the day!
Moderate	There may be a moderate health concern for people who are unusually sensitive to air pollution. Consider limiting prolonged or heavy exertion outdoors.
Unhealthy for Sensitive Groups	Older adults, children, active people, and those with heart or lung disease may experience health effects. Limit prolonged or heavy exertion outdoors.
Unhealthy	Older adults, children, active people, those with heart or lung disease may experience more serious health effects. Everyone may experience health effects. Limit prolonged or heavy exertion outdoors.
Very Unhealthy	Everyone is likely to be affected. Avoid all outdoor exertion.