

# ANYONE CAN BE IMPACTED BY POOR AIR QUALITY.

Some individuals are more at risk for health problems  
when air quality is poor.





Those who suffer from lung conditions and older adults are among those most at risk.

Poor air quality can also negatively impact children because their lungs are still developing, and because they are active and breathe in more air. During the summer months, when weather conditions can lead to higher ozone pollution levels and related health concerns, it's important for everyone — especially parents and kids — to take steps to help reduce harmful emissions that contribute to the problem. You can help by making a few simple changes to how you get around.

## CONTINUE TO TAKE ACTION FOR CLEANER AIR

- Walk or bike instead of driving for short trips when air quality conditions are favorable.
- Combine essential errands into a single trip instead of taking multiple short trips.
- Avoid vehicle idling.

The air quality forecast can be:

-  Good (green)
-  Moderate (yellow)
-  Unhealthy for people with special health needs (orange)
-  Unhealthy for everyone (red)

**BONUS TIP:** Knowledge is power! Learn more by following the Clean Air Partnership on Facebook & X (@gatewaycleanair), and sign up to receive daily air quality forecasts at [www.CleanAir-StLouis.com](http://www.CleanAir-StLouis.com).



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*This message is brought to you by the Clean Air Partnership, an initiative of the American Lung Association.*