

# ANYONE CAN GET COVID-19, BUT SOME INDIVIDUALS ARE MORE AT RISK FOR SEVERE DISEASE THAN OTHERS.





## And some of those same individuals are also at risk from poor air quality.

Those who suffer from lung conditions, and older adults, are among those at risk individuals. But when it comes to poor air quality, it can also negatively impact children because their lungs are growing and because they are so active and breathe in a great deal of air. During the coming summer months, when weather conditions create a risk for higher ozone pollution levels and ozone-related health concerns, it is vital for parents and kids to do their part 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 & Twitter (@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.*