



South Side
**PEDIATRIC
ASTHMA
CENTER**
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Air Pollution Can Trigger Asthma

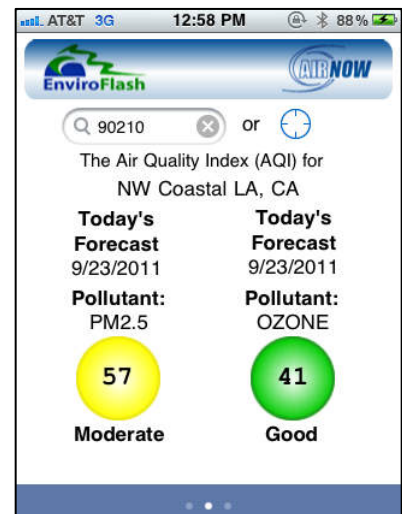
Clean air is important in overall healthy living.

Air pollution can trigger asthma symptoms in some people with asthma.



To protect yourself:

- Close windows and use an air conditioner.
- Watch for the air quality in your neighborhood.
- Air Quality Index (AQI) is a measure of how much ozone and pollution are in the air. The lower the number, the better the air quality.
- You can check the air quality index on your local TV station, online at AirNow www.airnow.gov or on the AirNow mobile phone app.
 - Good air quality is 0 to 50.
Air quality is okay and air pollution has little or no risk.
 - Moderate air quality is 51 to 100.
You may want to lessen any hard outdoor activity.
 - If the air quality index is over 100,
you should stay inside if possible and lessen outdoor activity.



**For questions and resources, call 1 (833) 327-8462.
www.SouthSideKidsAsthma.org**