

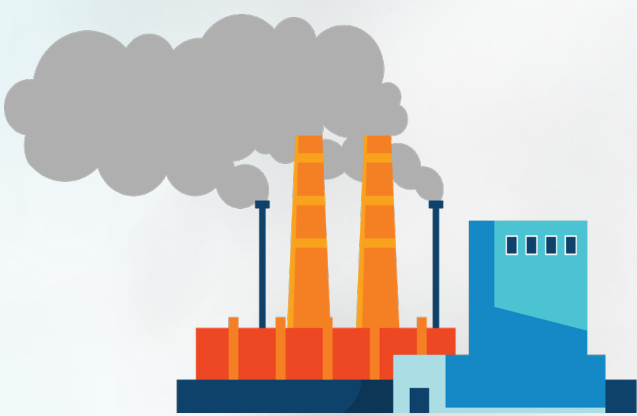
Let's learn how the air we breathe can affect how we play.

On days when the *air quality* is bad, choosing activities that keep your breathing low and slow is better for your health.

What is air quality?

Air quality means how clean or polluted the air is. Polluted air is bad for human health and the environment.

Some things that might cause air quality to get worse are:



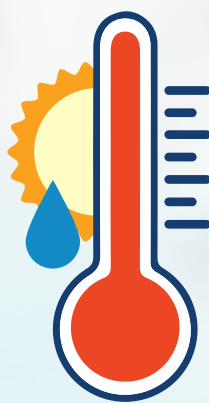
Burning fossil fuels.



Smoke from fires.



Pollen from grass and trees.



Hot, humid weather.



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The Air Quality Index (AQI) can help you make decisions that protect health.

Use the AQI to help you make decisions about:



The days it's okay to play outside.



The days when you should take it easy.



The days that playing inside is a better choice.

Scan the QR code to go to [AirNow.gov](https://airnow.gov) where you can learn the current AQI for where you live.



The website will ask you for a zip code. If you don't know yours, ask a teacher or another adult.

The AQI has six levels. The bigger the number, the more polluted the air.

AQI Number	AQI Description	What this means for how you play.
0–50	Good	It's a great day to be active outside!
51–100	Moderate	It's a good day to be active outside, but pay attention to how you're feeling and the signs that tell you to rest.
101–150	Unhealthy for Sensitive Groups	It's okay to play outside, but only for about 30 minutes at a time. Pay attention to how you're feeling and the signs that tell you to rest.
151–200	Unhealthy	Playing and exercising indoors is a safer idea. Playing outside should be limited to 15 minutes at a time. Do activities that don't make you breathe hard.
201–300	Very Unhealthy	Today is a day for playing inside and choosing activities that don't make you breathe hard.
301 and higher	Hazardous	Today is a day for playing inside and choosing activities that don't make you breathe hard.

Always watch for signs that you may need to take it easy!

Tell an adult and rest or go inside if you start to cough, wheeze or feel burning in your throat or eyes.

Teachers and parents: Visit [Playworks.org](https://playworks.org) for some great ideas and planning tools for all kinds of play.