



**Help improve children's
overall health by talking to
them about air quality
and limiting their
outdoor activities on Code Orange
and Red air quality days.**

Connect with Us!



Like Us on Facebook
COECatCEET



Follow Us on Twitter
@UPennCEET_COEC



CHILDREN & OUTDOOR POLLUTION

Many children in **Philadelphia** suffer from
asthma and other breathing problems.

**Asthma rates are two to three
times higher in Philadelphia
than Pennsylvania.**

Poor outdoor air quality makes children
sick with asthma and other conditions.

brought to you by:



Perelman
School of Medicine
UNIVERSITY of PENNSYLVANIA

CEET



National Institute of
Environmental Health Sciences
P30ES013509



www.AirQualityPartnership.org
www.airnow.gov

ATTENTION PARENTS & TEACHERS

**Pollutants from auto exhaust,
power plants, oil refineries and
airport fumes combine to cause
poor outdoor air quality.**



How does asthma affect our children?

Asthma can cause missed school days, missed outdoor play, missed social interactions, may lower self esteem, or could even cause death.

How does asthma affect parents and teachers?

Increases parents medical costs, parents miss work, and children fall behind on school work which may require parental/teacher assistance.

How can you tell when the air quality is poor?

Poor air quality is not always easy to see.

Sunny and clear days could still have high levels of invisible pollutants such as ozone and fine particulates.



What can you do?

The EPA tests air all the time and has created **alerts** so you can access this information through the internet or have it sent to your smartphone. Sign up to receive air quality alerts at www.AirQualityPartnership.org or go to www.airnow.gov to download an app for your smartphone.

How to use the Air Quality Index

If the Air Quality Index is orange or red, **sensitive groups like children, elderly, and people with lung problems should avoid outdoor activities in the afternoon.**



GREEN = good air quality

YELLOW = moderate

ORANGE = air quality is unhealthy for sensitive groups; including older adults

RED = air quality is unhealthy for everyone