

Air Quality and Asthma

Now, a Health Minute.

For people with asthma the air quality can greatly affect how they feel each day.

Pollution, pollen, wildfires and more can bring about asthma symptoms making it harder to breathe.

The Air Quality Index lets you know how the air is in your area each day.

It's measured by the amount of pollutants in the air.

The Air Quality Index shows by color how the air is for that date and time.

Green is the best air quality for you.

If the color is yellow, be careful as your symptoms could increase. And if the Air Quality is orange or greater you should make plans to stay indoors.

To look up the air quality in your area, visit airnow.gov.