TO REDUCE THE EFFECTS OF POOR QUALITY AIR ON YOUR HEALTH:

- Avoid outdoor activities in the afternoons on warmer days, when the risk of air pollution is highest.

- Avoid strenuous outdoor activities if the air is polluted. Check your region’s air quality index, which is often reported in the local news. Orange and red mean it’s a bad air day and that children and adults with respiratory diseases should avoid the outdoors. Purple and maroon mean air pollution is extreme and everyone should try to stay inside.

- Consider reducing the time and intensity of your workout, if you want to exercise outside on days when you’re at risk. The best way to reduce exposure to outdoor air is to exercise indoors.