

# Before heading outside, learn what colour air day it is.



**Ideal air quality.  
Enjoy outdoor activities.**



**Enjoy outdoor activities.**  
If you experience symptoms such as throat irritation or coughing, go inside.

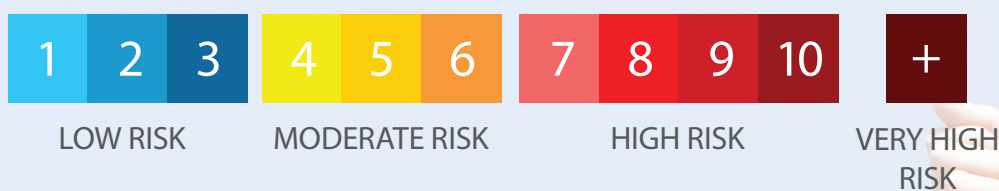


**Consider reducing or rescheduling strenuous outdoor activities.**  
Those at risk\* should reduce or reschedule strenuous outdoor activities.

Learn more at [halton.ca](http://halton.ca) or call 311.

\* People with heart or breathing issues, as well as young children and older adults are considered at-risk.

## The Air Quality Health Index



[halton.ca](http://halton.ca) 311

