

Protect your health. Know the air quality.

What colour air day is it?



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



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



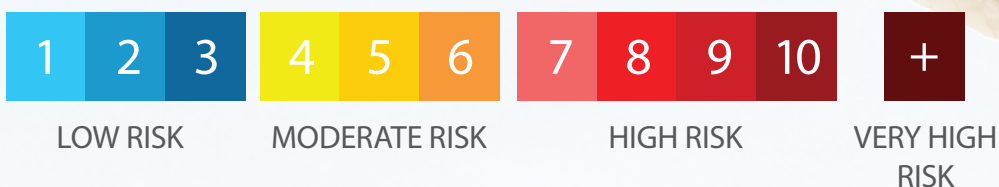
**Consider reducing or
rescheduling strenuous
outdoor activities.**
Those at risk* should reduce or
reschedule strenuous outdoor activities.

Learn more at
halton.ca 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 311

