

# Working outside? Learn what colour air day it is.

**BLUE**

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

**ORANGE**

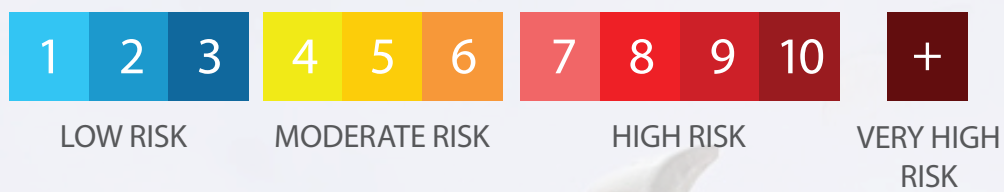
**Enjoy outdoor  
activities.**  
If you experience symptoms  
such as throat irritation or  
coughing, go inside.

**RED**

**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**.

## The Air Quality Health Index



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