Have you seen the daily alerts about air quality? What exactly do they mean for your family?

The Children’s Health℠ Asthma Management Program is here to help you understand the Air Quality Index (AQI) and create an asthma management plan to keep your family healthy, even when the air quality isn’t.

Calculated using four major air pollutants (ozone, particle pollution, carbon monoxide and sulfur dioxide), the AQI breaks down air quality into six categories. The higher the level, the greater the health concern for your family and the bigger risk of an asthma attack. The AQI chart below has tips to help you and your family breathe easy while enjoying the outdoors.

See today’s AQI at [airnow.gov](http://airnow.gov) and [visit childrens.com/asthma](http://visit childrens.com/asthma) to learn more about creating an asthma action plan.