

OUTDOOR AIR QUALITY



Check local air quality

You can find current air condition reports on the Environmental Protection Agency's [airnow.gov](https://www.airnow.gov) website, in your local newspaper, or on regional TV weather stations. Pollen count, smog, and humidity all affect air quality. Because many pollutants are odorless and colorless, you cannot determine air quality without checking using a reliable source.

Schedule outdoor activities

If you typically help your client exercise outside during the warm-weather months, try to schedule it during the cooler hours of the day when the outdoor air pollution is not as strong. Keep windows closed when outdoor pollution levels are high.

For local air quality assessments, visit [airnow.gov](https://www.airnow.gov), the EPA's air quality website.