

## During Poor Air Quality Days



1

Check [AirNow.gov](https://www.airnow.gov) to see air quality where you work



2

### Substitute Work Tasks

If you have work that can be done indoors, complete that work while the air quality is poor.



3

### Take All Medications

If you have medical conditions, such as asthma, heart or lung conditions, be sure to have taken all prescribed medications and if you require inhalers, keep them with you while at work.

4

### Take Frequent Breaks

If you must work outside be sure to take regular scheduled breaks and limit or reschedule heavy work, such as digging and lifting for another day.



## For more information

<https://portal.ct.gov/DPH/Communications/Health-Topics/Air-Quality-June-2023>

<https://portal.ct.gov/DEEP/Air/Bureau-of-Air-Management>

[EPA Wildfire Smoke Protection](https://www.epa.gov/wildfire-smoke-protection)

<https://www.airnow.gov/>