

Asthma and Air Quality



March 2026

Asthma is a chronic respiratory disease that affects the airways in the lungs, causing them to become inflamed and narrowed. This restricts the flow of air which can cause periods of coughing, wheezing, chest tightness, and/or shortness of breath. Asthma can be linked to common triggers such as exercise, allergens, weather changes, air pollutants and many others.

Air quality plays a major role in the presence of asthma symptoms and asthma exacerbations, also known as asthma attacks. For people with asthma, it is important to understand the air quality index (AQI) and know what to do to prepare for poor conditions. **Click or scan each QR code for links to helpful resources.**

Air Quality Index Basics

There are six categories associated with a range of values, each with a different color, making it easy to recognize air quality levels that may be considered dangerous to the health of sensitive groups, like people with asthma.



SmogWatch Daily Air Quality Forecast

The Indiana Department of Environmental Management (IDEM) provides the daily air quality index, with the option to sign up for air quality action alerts. This allows individuals to prepare and appropriately plan for outdoor activities.



Air Quality Flag Program

This program allows organizations to fly colored flags that correspond with daily air quality levels. Each flag matches the Environmental Protection Agency's air quality index, making an easily recognizable symbol for the community.



Air Quality Flag Widget

The air quality flag program not only uses physical flags, but there is also an option to include an online widget on your website. This widget gives communities easy online access to daily air quality conditions.



DIY Air Cleaner

The EPA provides cost-effective and accessible alternatives to commercial air filters using just a box fan and a high-efficiency home air filter. This DIY project creates a simple air cleaning system protecting individuals from harmful air quality levels.



This publication was supported by Cooperative Agreement N01CE0001517 from the Centers for Disease Control and Prevention (CDC). Contents are solely the responsibility of the authors and do not necessarily represent the views of the CDC.

For more information on asthma:

www.asthma.in.gov

