Let's Clear the Air About Summer Camp Activities

GOOD

MODERATE

UNHEALTHY FOR SENSITIVE POPULATIONS

UNHEALTHY FOR ALL

VERY UNHEALTHY FOR ALL

WHY AIR QUALITY MATTERS:

Summer is a great time to enjoy many fun outdoor activities. But high levels of air pollution and physical activity are a bad mix. Elevated levels of ozone or fine particles in the air can be harmful to health. Days with high levels of air pollution can trigger asthma attacks and worsen asthma symptoms in children. During 2024, more than 13,800 NJ children under age 18 went to NJ Emergency Departments seeking treatment for asthma. Asthma is common in NJ children and affects an estimated 8% of NJ children under 18.*

IT'S EASY TO STAY INFORMED!

The New Jersey Department of Health (NJDOH) is encouraging youth camps to participate in the New Jersey Department of Environmental Protection's (NJDEP) NJ Air Quality Flag Program. Camps can sign up to get daily local air quality updates and display free, color-coded flags to alert the camp when air quality poses a potential health risk for vulnerable populations. Camps can modify activities as needed based on local air quality.† To learn more, visit the NJDEP NJ Air Quality Flag Program, bit.ly/NJDEP-AQ-Flag-Pgm.

†Vulnerable populations, such as children with asthma, should always follow their clinician's recommendations regarding time spent outdoors on days with poor air quality.

Some helpful information about NJ Air Quality:

- In 2025, there were 15 orange flag days (designated as unhealthy for sensitive groups, which includes children) in NJ.
- Some forecasting zones did not have ANY orange flags while other zones had as many as six days during 2025.
- There were only three red flag days and no purple days in 2025.

LEARN MORE ABOUT AIR QUALITY AND HEALTH: For information on protecting you and your loved ones' health during poor air quality, visit: Actions to protect health during impacts to air quality (Spanish) and Clinician Advisory: Medical Management Plans for Poor Air Quality Days. Visit NJDOH's website for more information and data on asthma and air quality.

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NJHealth New Jersey Department of Health