

Air quality today, June 29th is Unhealthy for Sensitive Groups in Monmouth County.

People with heart or lung disease, older adults, children and teens should:

- Avoid strenuous outdoor activities.
- Limit outdoor activities.
- Consider moving physical activities indoors or rescheduling them.

Everyone else should:

- Choose less strenuous activities (like walking instead of running) so you don't breathe as hard.
- Limit outdoor activities.

Follow the links below for more information:

- Check [AirNow.gov](https://www.airnow.gov) to check the air quality of your specific location, or view this [link](#) from AirNow to view an up to date smoke map showing visually where the air pollution is.
- The NJ Department of Health has also provided fact sheets on [Fact Sheet on actions to protect health on poor air quality days](#) and [Air Quality](#)
- Check the NJ Department of Environmental Protection (NJDEP) [website](#) or view this [link](#) from NJDEP for information on how air quality is determined.

You may also call the New Jersey Bureau of Air Monitoring at 609-292-0138