

Original	New
GOOD	
Carpool, use public transportation, bike or walk.	Gather up your friends and hit the HOV lane. Quality time with your crew while reducing emissions? We'd call that #squadgoals.
Keep engines tuned.	Channel your inner grease monkey. Or hire a good one. Either way, keep those engines tuned!
Use environmentally friendly products.	Choose love. Using environmentally friendly products lets Mother Earth know just how much you care.
Enjoy outdoor activities & exercise.	Bask in the sun. Dance in the rain. Nap in the shade. Green days are great days to get outside & enjoy activities of all kinds!
MODERATE	
Limit driving, consolidate trips.	Make a list, and check it twice! It's best to limit driving today, and consolidating trips goes a long way to helping keep emissions down.
Reduce car idling.	We know--you're pressed for time & drive-thrus are a modern day marvel. But when the code hits Yellow, do us all a solid & avoid car idling as much as possible.
Conserve electricity--choose ENERGY STAR appliances and lighting, turn off lights when leaving a room and set air conditioners to no lower than 78 degrees Fahrenheit.	Make Mom proud & turn off the lights when you leave a room, because today's a great day to conserve electricity. Wanna be a real hero? Turn up the A/C to 78. The planet and your wallet will thank you!
UNHEALTHY FOR SENSITIVE	
Refuel after dusk, use fuel-efficient vehicles.	If it's time for a fill-up, set your clock by the sunset: it's best to refuel after dusk once the index starts climbing over 100.
Avoid lawn mowing or use electric mowers.	Grass due for a trim? Unless you're old school (push mower) or new school (electric mower), you're gonna have to wait to knock out this chore. Try not to be too sad about it.
Avoid driving; use Public transportation or carpool	Dust off your bus pass, and carve out a little extra time in your schedule to use public transportation today. The less cars on the road, the better.
Avoid using aerosol products.	Put down the can, and step away slowly. It's best to avoid using aerosol products today.
Limit prolonged outdoor activities.	Might want to reschedule the kids' soccer tournament; Orange days can be challenging for those with sensitivities, and prolonged outdoor activities should be limited.
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Put off painting until air quality improves.	The votes are in, and Caribbean Azure really is the perfect blue for the accent wall in the bedroom. But we'd advise putting off painting until air quality improves.
Limit strenuous outdoor activities.	On Red days, it's a good idea to limit strenuous outdoor activities. Stick to the treadmill, skip the pool, or just queue up your favorite guilty pleasure on Netflix.
VERY UNHEALTHY	
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Everyone should avoid outdoor physical activities.	To be frank, today's a dangerous day to be outside. Cozy up with a good book, catch up on housework or perfect your poker face with a game of Texas Hold'em. Enjoy your day, just do it indoors.
HAZARDOUS	
Make sure friends & family with heart or lung disease, as well as children or the elderly, remain indoors and keep activity levels low.	Make sure friends & family with heart or lung disease, as well as children or the elderly, remain indoors and keep activity levels low.
Stay safe: avoid ALL physical activity outdoors!	Stay safe: avoid ALL physical activity outdoors!