

| Air Quality Index | Who Needs to be Concerned? | What Should I Do? |
|-------------------------------------------|----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Good 0-50 | It's a great day to be active outside. | |
| Moderate 51-100 | Some people who may be unusually sensitive to particle pollution. | <p>Unusually sensitive people: <i>Consider reducing</i> prolonged or heavy exertion. Watch for symptoms such as coughing or shortness of breath. These are signs to take it easier.</p> <p>Everyone else: It's a good day to be active outside.</p> |
| Unhealthy for Sensitive Groups 101-150 | Sensitive groups include people with heart or lung disease, older adults, children and teenagers. | <p>Sensitive groups: <i>Reduce</i> prolonged or heavy exertion. It's OK to be active outside, but take more breaks and do less intense activities. Watch for symptoms such as coughing or shortness of breath.</p> <p>People with asthma should follow their asthma action plans and keep quick relief medicine handy.</p> <p>If you have heart disease: Symptoms such as palpitations, shortness of breath, or unusual fatigue may indicate a serious problem. If you have any of these, contact your health care provider.</p> |
| Unhealthy 151 to 200 | Everyone | <p>Sensitive groups: <i>Avoid</i> prolonged or heavy exertion. Move activities indoors or reschedule to a time when the air quality is better.</p> <p>Everyone else: <i>Reduce</i> prolonged or heavy exertion. Take more breaks during all outdoor activities.</p> |
| Very Unhealthy 201-300 | Everyone | <p>Sensitive groups: <i>Avoid all</i> physical activity outdoors. Move activities indoors or reschedule to a time when air quality is better.</p> <p>Everyone else: <i>Avoid</i> prolonged or heavy exertion. Consider moving activities indoors or rescheduling to a time when air quality is better.</p> |
| Hazardous 301-500 | Everyone | <p>Everyone: <i>Avoid all</i> physical activity outdoors.</p> <p>Sensitive groups: Remain indoors and keep activity levels low. Follow tips for keeping particle levels low indoors.</p> |