

# Air Quality Index

Visibility in Miles	Air Quality Index	Health Category	Health Effects and Actions to Take
10 or more	0-50	Good	None
5-10	51-100	Moderate	People with asthma, respiratory infection, diabetes, lung or heart disease, or have had a stroke should limit outdoor activities or do activities that take less effort, such as walking instead of running.
3-5	101-150	Unhealthy for Sensitive Groups	Sensitive groups include people with heart or lung disease, asthma, diabetes, infants, children, adults older than 65, pregnant women, or who have had a stroke. These people should limit time spent outdoors.
1.5-3	151-200	Unhealthy	<b>Everyone should limit time spent outdoors.</b> Everyone should avoid exercising outdoors (including sports teams) and choose non-strenuous indoor activities. People with asthma, respiratory infection, diabetes, lung or heart disease, or have had a stroke should stay indoors. Infants, children, pregnant women and adults over age 65 should also stay indoors.
1-1.5	201-300	Very Unhealthy	<b>Everyone should stay indoors, do only light activities, and keep windows closed if it is not too hot.</b> Run air conditioners on re-circulate and close the outside air intake. Use indoor air cleaners with HEPA filters, if available. <b>If you must be outdoors, wear an N-95 respirator mask.</b> People with chronic diseases should check with their health care provider before wearing a mask. People with asthma, lung and heart disease, or have had a stroke should check with their healthcare provider for advice about leaving the area. Anyone with shortness of breath, wheezing, chest pain, heart palpitations, extreme fatigue, or difficulty moving or speaking should call their health care provider or call 911.
1 or less	301-500	Hazardous	Everyone should stay indoors, do only light activities, and keep windows closed if it is not too hot. <b>See, "Very unhealthy above" and follow recommendations.</b>