



Air Quality Index for PM 2.5

(Based on 24-hr average concentrations)

AQI Values (PM _{2.5} Concentration Range, µg/m ³)	Air Quality Descriptor	Who needs to be concerned?	What should I do?
0 - 50 (0-9.0)	Good	It's a great day to be active outside.	
51 - 100 (9.1-35.4)	Moderate	Some People who may be unusually sensitive to particle pollution.	<p>Unusually sensitive people: Consider making outdoor activities shorter and less intense. 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>
101 - 150 (35.5 – 55.4)	Unhealthy for Sensitive Groups	Sensitive groups include: people with lung disease such as asthma, older adults, children and teenagers, and people who are active out- doors.	<p>Sensitive groups: Make outdoor activities shorter and less intense. It's OK to be active outdoors, but take more breaks. Watch for symptoms such as coughing or shortness of breath.</p> <p>People with asthma: Follow your asthma action plan and keep quick relief medicine handy.</p> <p>People with 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>
151- 200 (55.5 – 125.4)	Unhealthy	Everyone	<p>Sensitive groups: Avoid long or intense outdoor activities. Consider rescheduling or moving activities indoors.*</p> <p>Everyone else: Reduce long or intense activities. Take more breaks during outdoor activities.</p>
201 - 300 (125.5 – 225.4)	Very Unhealthy	Everyone	<p>Sensitive groups: Avoid all physical activity outdoors. Reschedule to a time when air quality is better or move activities indoors.*</p> <p>Everyone else: Avoid long or intense activities. Consider rescheduling or moving activities indoors.*</p>
301 - 500 (225.5 – 325.5)	Hazardous	Everyone	<p>Everyone: Avoid all physical activity outdoors.</p> <p>Sensitive groups: Remain indoors and keep activity levels low. Follow tips for keeping particle levels low indoors.*</p>

*Note: If you don't have an air conditioner, staying inside with the windows closed may be dangerous in extremely hot weather. If you are hot, go someplace with air conditioning or check with your local government to find out if cooling centers are available in your community.