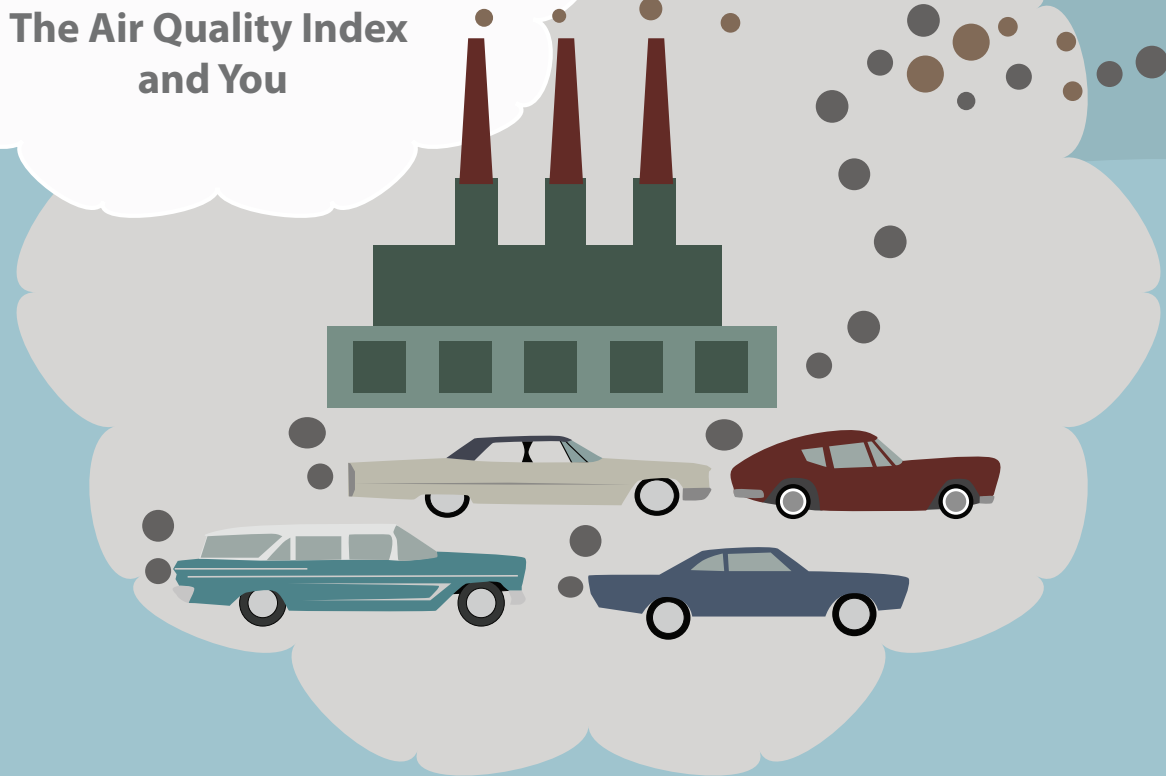
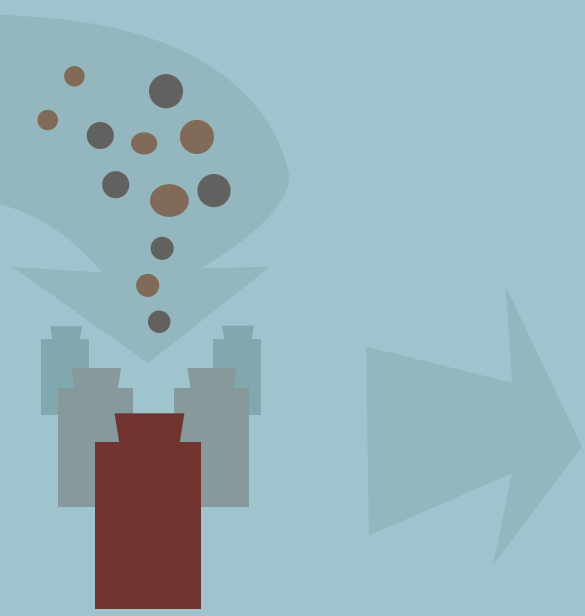




The Air Quality Index and You



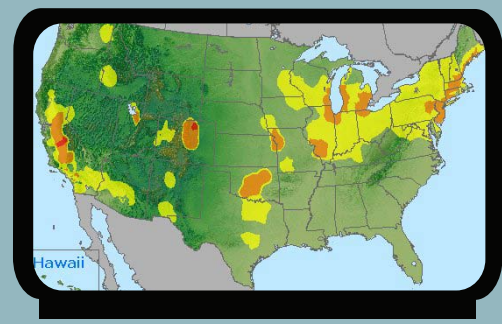
Air Quality Monitors Collect Ozone and Particle Pollution Data



Over 3,000 state and local monitors transfer data hourly for over 450 cities

AirNow Converts Data to the Air Quality Index (AQI)

Air Quality Index (AQI) Values	Levels of Health Concern	Colors
0 to 50	Good	Green
51-100	Moderate	Yellow
101-150	Unhealthy for Sensitive Groups	Orange
151-200	Unhealthy	Red
201-300	Very Unhealthy	Purple
301 to 500	Hazardous	Maroon



- Exercise away from busy roads
- Choose less strenuous activities
- Exercise for less time
- Be active outdoors when air quality is better



When the AQI is Orange or Above



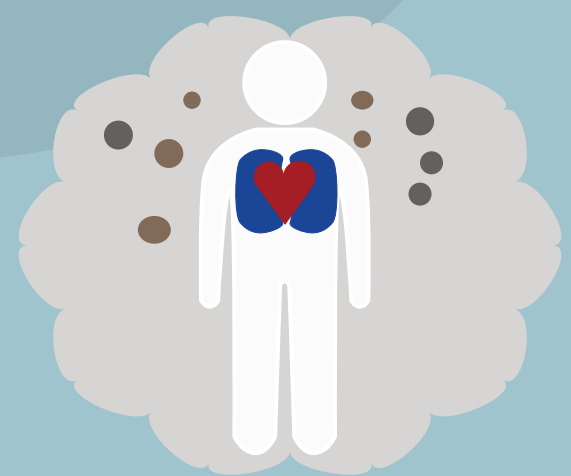
Get the AQI

- Go to AirNow.gov to get:
- Your local AQI
 - The AirNow app
 - The AirNow widget
 - EnviroFlash emails
- Or check your local weathercast

Who Should Use the AQI?

Everyone's heart and lungs can be harmed by unhealthy air. Those most at risk are:

- People with heart or lung disease
- People active outdoors
- Older adults
- Children
- Outdoor workers



- Carpool, use public transportation, bike or walk
- Don't spill fuel at the gas station
- Reduce energy use

