



Air Quality Index for PM 2.5

(Based on 24-hr average concentrations)

Index Values (Conc. Range)	Air Quality Descriptors	Who needs to be concerned	What should I do?
0 – 50 (0-12 $\mu\text{g}/\text{m}^3$)	Good	It's a great day to be active outside.	
51 – 100 (12.1-35.4 $\mu\text{g}/\text{m}^3$)	Moderate	Some people who may be unusually sensitive to ozone.	<p>Unusually sensitive people: <i>Consider reducing</i> prolonged or heavy outdoor 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>
101 – 150 (35.5 – 55.4 $\mu\text{g}/\text{m}^3$)	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: <i>Reduce</i> prolonged or heavy outdoor exertion. Take more breaks, do less intense activities. Watch for symptoms such as coughing or shortness of breath. Schedule outdoor activities in the morning when ozone is lower.</p> <p>People with asthma should follow their asthma action plans and keep quick relief medicine handy.</p>
151 – 200 (55.5 – 150.4 $\mu\text{g}/\text{m}^3$)	Unhealthy	Everyone	<p>Sensitive groups: <i>Avoid</i> prolonged or heavy outdoor exertion. Schedule outdoor activities in the morning when ozone is lower. Consider moving activities indoors. People with asthma, keep quick-relief medicine handy.</p> <p>Everyone else: <i>Reduce</i> prolonged or heavy outdoor exertion. Take more breaks, do less intense activities. Schedule outdoor activities in the morning when ozone is lower.</p>
201 – 300 (150.5 – 250.4 $\mu\text{g}/\text{m}^3$)	Very Unhealthy	Everyone	<p>Sensitive groups: <i>Avoid all</i> physical activity outdoors. Move activities indoors or reschedule to a time when air quality is better. People with asthma, keep quick-relief medicine handy.</p> <p>Everyone else: <i>Avoid</i> prolonged or heavy outdoor exertion. Schedule outdoor activities in the morning when ozone is lower. Consider moving activities indoors.</p>
301 – 500 (250.5 – 500.4 $\mu\text{g}/\text{m}^3$)	Hazardous	Everyone	Everyone: <i>Avoid all</i> physical activity outdoors.