

PROTECT YOURSELF FROM POOR AIR QUALITY

Air Quality Index	Category, Color & Range	What does this mean?	Precautions to take
	Good 0-50	Air quality is good.	None: Everyone enjoy outdoor activities.
	Moderate 51-100	Air quality is a concern for people who are extra sensitive to air pollution.	People extra sensitive to air pollution: Plan strenuous outdoor activities when air quality is better.
	Unhealthy for Sensitive Groups 101-150	Air quality is unhealthy for many people including active adults, people with lung disease (including asthma), older adults and children.	Sensitive groups: Cut back or reschedule strenuous outdoor activities.
	Unhealthy 151-200	Air quality is unhealthy for everyone, especially people with heart or lung disease.	Everyone: Avoid strenuous outdoor activities.
	Very Unhealthy 201-300	Air quality is unhealthy for everyone, especially people with heart or lung disease.	Everyone: Avoid physical outdoor activities.
	Hazardous 301-500	Air quality is hazardous for everyone.	Everyone: Avoid all outdoor activities.



STEPS TO STAY SAFE FROM POOR AIR QUALITY

Poor air quality can hurt your eyes, irritate your respiratory system, and worsen chronic heart and lung diseases, take steps to stay safe:

- ✓ **Listen and watch for news or health warnings** for poor air quality and when there are wildfire smoke concerns in your area. Remember, even if there is no wildfire in your area, wind can push wildfire smoke across cities, counties, and even state lines, impacting air quality.
- ✓ **Stay inside** in a safe location when air quality is bad.
- ✓ **Keep indoor air clean by closing windows and doors in your home and when driving.** Use the recycle or re-circulate mode on the air conditioner in your home or car.
- ✓ **DO NOT use anything that burns and adds to indoor air pollution,** such as candles, fireplaces, and gas stoves. Do not vacuum because it stirs up particles that are already inside your home.
- ✓ **Use N95 masks** to keep particles out of the air you breathe when you go outside.
- ✓ **Consider purchasing an indoor air filter or making a box fan filter.**



Learn more at:

<https://www.airnow.gov/>

<https://cadresv.org/resources/air-quality/>

