

# UNDERSTANDING THE AQI\*

## Air Quality Action Guide

AQI Value	Level of Health Concern	Colors	Action Steps to Protect Your Health and Our Environment
0 – 50	Good	Green	Enjoy outdoor activities.
51 – 100	Moderate	Yellow	Air quality may pose a moderate risk, especially for those who are unusually sensitive to air pollution.
101 – 150	Unhealthy for Sensitive Groups	Orange	Children and active adults, people with respiratory disease, such as asthma and emphysema, and heart ailments should limit prolonged outdoor physical activity.
151 – 200	Unhealthy	Red	Sensitive groups in particular should avoid outdoor physical activities. Everyone else, especially children, should limit prolonged outdoor exertion.
201 – 300	Very Unhealthy	Purple	Everyone is strongly urged to follow all of the action steps listed previously AND avoid outdoor physical activities.

\*Air Quality Index