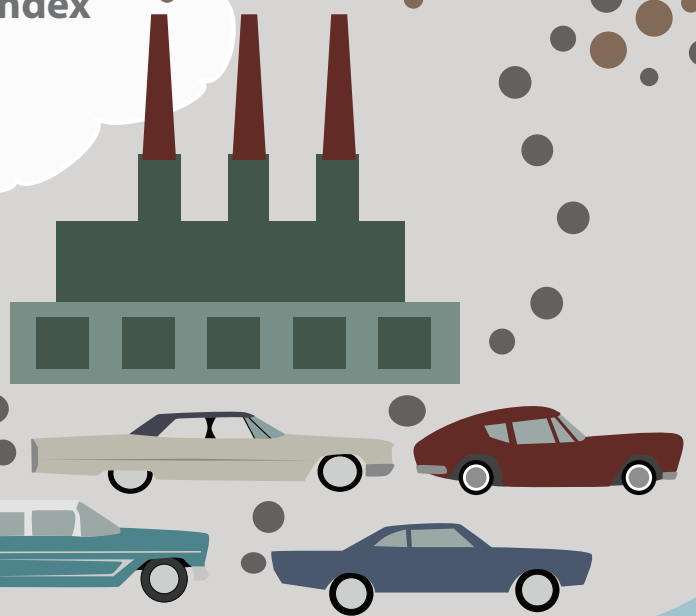
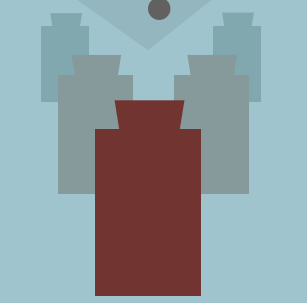




The Air Quality Index and You



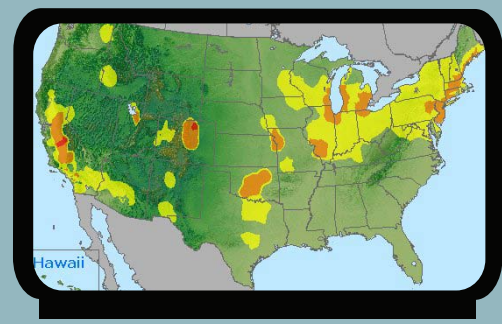
Air Quality Monitors Collect Ozone and Particle Pollution Data



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 |



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



- 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



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

Take Action!