

Visibility in Miles	Air Quality Index	Health Category	Health Effects
10 or more	0 - 50	Good	None
5 - 10	51 - 100	Moderate	Unusually sensitive people should consider reducing prolonged or heavy exertion.
3 - 5	101 - 150	Unhealthy for Sensitive Groups	People with heart or lung disease, older adults, and children should reduce prolonged or heavy exertion.
1.5 - 3	151 - 200	Unhealthy	People with heart or lung disease, older adults, and children should avoid prolonged or heavy exertion. Everyone else should reduce prolonged or heavy exertion.
1 - 1.5	201 - 300	Very Unhealthy	People with heart or lung disease, older adults, and children should avoid all physical activity outdoors. Everyone else should avoid prolonged or heavy exertion.
1 or less	301 - 500	Hazardous	Everyone should avoid all physical activity outdoors; people with heart or lung disease, older adults, and children should remain indoors and keep activity levels low.