

## Air Quality Guide for Particle Pollution

Adjective	Air Quality Index (AQI)	Concentration PM 2.5 ( $\mu\text{g}/\text{m}^3$ -1-3 hr. avg.)	Concentration PM 2.5 ( $\mu\text{g}/\text{m}^3$ -24 hr. avg.)	Cautionary Statement	Health Effects Statement
<b>Good</b>	<b>0-50</b>	<b>0-40</b>	<b>0-12</b>	<b>None</b>	
<b>Moderate</b>	<b>51-100</b>	<b>39-88</b>	<b>13-35</b>	<b>Unusually sensitive people should consider reducing prolonged or heavy exertion.</b>	
<b>Unhealthy for Sensitive Groups</b>	<b>101-150</b>	<b>89-138</b>	<b>36-55</b>	<b>People with heart or lung disease, older adults, and children should reduce prolonged or heavy exertion.</b>	<b>Increasing likelihood of respiratory symptoms in sensitive individuals, aggravation of heart or lung disease and premature mortality in persons with cardiopulmonary disease and the elderly.</b>
<b>Unhealthy</b>	<b>151-200</b>	<b>139-351</b>	<b>55-150</b>	<b>People with heart or lung disease, older adults, and children should avoid prolonged or heavy exertion. Everyone else should reduce prolonged or heavy exertion.</b>	<b>Increasing aggravation of heart or lung disease and premature mortality in persons with cardiopulmonary disease and the elderly; increased respiratory effects in general population.</b>
<b>Very Unhealthy Alert</b>	<b>201-300</b>	<b>352-526</b>	<b>151-250</b>	<b>People with heart or lung disease, older adults, and children should avoid all physical activity outdoors. Everyone else should avoid prolonged or heavy exertion.</b>	<b>Significant aggravation of heart or lung disease and premature mortality in persons with cardiopulmonary disease and the elderly; significant increase in respiratory effects in general population.</b>
<b>Hazardous</b>	<b>300+</b>	<b>526+</b>	<b>250+</b>	<b>People with heart or lung disease, older adults, and children should avoid all physical activity outdoors. Everyone else should avoid prolonged or heavy exertion.</b>	<b>Significant aggravation of heart or lung disease and premature mortality in persons with cardiopulmonary disease and the elderly; significant increase in respiratory effects in general population.</b>

These 1- and 8- hour PM2.5 levels are estimated using the 24-hour breakpoints of the PM2.5 Air Quality index <http://www.airnow.gov/index.cfm?action=aqibasics.aqi> and were taken from the Wildfire Smoke: A Guide for Public Officials, revised July 2008 posted by the California Environmental Protection Agency's Air Resource Board (accessed at <http://www.arb.ca.gov/smp/progdev/pubeduc/wfgv8.pdf>).