



Air Quality Index

POLLUTANT SPECIFIC CAUTIONARY STATEMENTS



**POLLUTION
AFFECTS
EVERYONE**

Many residents experience some kind of air pollution-related symptoms such as watery eyes, coughing, or wheezing. Even for healthy people, polluted air can cause respiratory irritation or breathing difficulties during exercise or outdoor activities. Your actual risk depends on your current health status, the pollutant type and concentration, and the length of exposure to the polluted air.

People most susceptible to severe health problems from air pollution are:

- Individuals with heart or lung disease
- Individuals with respiratory problems such as asthma or emphysema
- Pregnant women
- Outdoor workers
- Children under age 14, whose lungs are still developing
- Elderly residents, whose immune systems are weaker
- Athletes who exercise vigorously outdoors

High air pollution levels can cause immediate health problems:

- Aggravated cardiovascular and respiratory illness
- Added stress to heart and lungs, which must work harder to supply the body with oxygen
- Damaged cells in the respiratory system

Long-term exposure to polluted air can have permanent health effects:

- Accelerated aging of the lungs and loss of lung capacity
- Decreased lung function
- Development of diseases such as asthma, bronchitis, emphysema, and possibly cancer
- Shortened life span

Health Categories	Ozone	Very Small Particles PM2.5	Small Particles PM10	Carbon Monoxide (CO)
VERY UNHEALTHY (201 TO 300)	Active children and adults, and people with respiratory disease, such as asthma, should avoid all outdoor exertion (participation in strenuous sports activities or exercise); everyone else, especially children, should limit outdoor exertion.	People with respiratory or heart disease, the elderly and children should avoid any outdoor activity; everyone else should avoid prolonged exertion.	People with respiratory disease, such as asthma, should avoid any outdoor activity; everyone else, especially the elderly and children, should limit outdoor exertion.	People with cardiovascular disease, such as angina, should avoid exertion and sources of CO, such as heavy traffic.
UNHEALTHY (151 TO 200)	Active children and adults, and people with respiratory disease, such as asthma, should avoid prolonged outdoor exertion; everyone else, especially children, should limit prolonged outdoor exertion.	People with respiratory or heart disease, the elderly and children should avoid prolonged exertion; everyone else should limit prolonged exertion.	People with respiratory disease, such as asthma, should avoid outdoor exertion; everyone else, especially the elderly and children, should limit prolonged outdoor exertion.	People with cardiovascular disease, such as angina, should limit moderate exertion and avoid sources of CO, such as heavy traffic.
UNHEALTHY FOR SENSITIVE GROUPS (101 TO 150)	Active children and adults, and people with respiratory disease, such as asthma, should limit prolonged outdoor exertion.	People with respiratory or heart disease, the elderly and children should limit prolonged exertion.	People with respiratory disease, such as asthma, should limit outdoor exertion.	People with cardiovascular disease, such as angina, should limit heavy exertion and avoid sources of CO, such as heavy traffic.
MODERATE (51 TO 100)	Unusually sensitive people should consider limiting prolonged outdoor exertion.	None	None	None
GOOD (0 TO 50)	None	None	None	None