



Mojave Desert Air Quality Management District – 14306 Park Ave. • Victorville, CA 92392-2310
Serving the High Desert of San Bernardino County and Palo Verde Valley of Riverside County

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Air Quality Recommendations - General Population

Health recommendations for people participating in outdoor physical activity and their potential exposure to air pollution (*wildfire smoke, dust, ozone*)

	Air Quality conditions				
	→Check current air quality first at www.MDAQMD.ca.gov or www.AirNow.gov then use this chart.				
Length of activity	GOOD for all groups AQI 0-50 Visibility: 11+ miles	MODERATE for Group 1 AQI 51-100 Visibility: 6-10 miles	UNHEALTHY for Groups 1 & 2 AQI 101-150 Visibility: 3-5 miles	UNHEALTHY for all groups AQI 151-200 Visibility: 1 1/2 - 2 3/4 miles	VERY UNHEALTHY/ HAZARDOUS for all groups AQI 201+ Visibility: <1 1/4 miles
30 minutes	No restrictions	Group 1 should monitor or reduce physical activity.	Groups 1 & 2 should limit time spent outdoors or reduce physical activity.	Groups 1 & 2 should avoid the outdoors; Group 3 should reduce physical activity.	All groups should avoid the outdoors and physical activity.
1 hour	No restrictions	Group 1 should monitor or reduce physical activity.	Groups 1 & 2 should considerably limit time spent outdoors and reduce physical activity.	All groups should avoid the outdoors and physical activity.	
2+ hours	No restrictions	Group 1 should limit prolonged physical activity.	Groups 1 & 2 should avoid the outdoors and Group 3 should reduce physical activity.	All groups should avoid the outdoors and physical activity.	

Group 1:

Individuals with respiratory or heart disease, angina, pulmonary disease, asthma, emphysema or any other disease that may be impacted by any level of smoke or particle pollution.

Group 2:

Individuals with asthma or recent respiratory infections, those who experience seasonal allergies, work outside or in general are more sensitive to acute effects of smoke or particle pollution.

Group 3:

Individuals who are normally resistant to short-term effects of smoke (healthy). Healthy people may also experience adverse effects of smoke depending on duration and exposure.

How to roughly estimate air quality based on visibility without an air quality monitor or airport visibility estimate:

- 1) Face away from the sun. 2) Determine the limit of your visible range by looking for targets at known distances (miles).
- 3) Visible range is that point at which even high contrast objects totally disappear. 4) Use the values above to determine the local AQI.

Get daily air quality forecasts by email or txt. Sign up at mdaqmd.enviroflash.org