



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*)

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

- 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.

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.

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		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		Group 1 should limit prolonged physical activity.	Groups 1 & 2 should avoid the outdoors and Group 3 should reduce physical activity.		

Sign up for daily air quality forecasts at mdaqmd.enviroflash.org