



SOUTH COAST AIR QUALITY MANAGEMENT DISTRICT

AIR QUALITY FORECAST



Area #	Forecast Area	Forecast Valid Monday, March 09, 2020			Forecast Valid Tuesday, March 10, 2020		
		AQI	AQI Description	Pollutant	AQI	AQI Description	Pollutant
		<i>Issue Date: Sunday, March 08, 2020</i>			<i>Forecast Not Yet Issued</i>		
1	Central Los Angeles County	33	GOOD	NO2			
2	Northwest Coastal Los Angeles Co.	31	GOOD	NO2			
3	Southwest Los Angeles County Co.	38	GOOD	PM2.5			
4	South Coastal Los Angeles Co.	38	GOOD	PM2.5			
5	Southeast Los Angeles Co.	35	GOOD	NO2			
6	West San Fernando Valley	32	GOOD	Ozone			
7	East San Fernando Valley	30	GOOD	Ozone			
8	West San Gabriel Valley	33	GOOD	PM2.5			
9	East San Gabriel Valley	31	GOOD	NO2			
10	Pomona/Walnut Valley	33	GOOD	Ozone			
11	South San Gabriel Valley	34	GOOD	NO2			
12	South Central Los Angeles Co.	34	GOOD	NO2			
13	Santa Clarita Valley	35	GOOD	NO2			
14	Antelope Valley	34	GOOD	Ozone			
15	San Gabriel Mountains	32	GOOD	Ozone			
16	North Orange County	35	GOOD	Ozone			
17	Central Orange County	34	GOOD	Ozone			
18	North Coastal Orange County	38	GOOD	Ozone			
19	Saddleback Valley	41	GOOD	Ozone			
20	Central Coastal Orange County	33	GOOD	Ozone			
21	Capistrano Valley	37	GOOD	Ozone			
22	Corona/Norco Area	34	GOOD	Ozone			
23	Metropolitan Riverside County	33	GOOD	Ozone			
24	Perris Valley	36	GOOD	Ozone			
25	Lake Elsinore Area	38	GOOD	Ozone			
26	Temecula Valley	42	GOOD	Ozone			
27	Anza Area	37	GOOD	Ozone			
28	Hemet/San Jacinto Valley	36	GOOD	Ozone			
29	Banning/San Geronio Pass	37	GOOD	Ozone			
30	Coachella Valley	37	GOOD	Ozone			
31	East Riverside County	37	GOOD	Ozone			
32	Northwest San Bernardino Valley	32	GOOD	Ozone			
33	Southwest San Bernardino Valley	33	GOOD	Ozone			
34	Central San Bernardino Valley	33	GOOD	Ozone			
35	East San Bernardino Valley	36	GOOD	Ozone			
36	West San Bernardino Mountains	34	GOOD	Ozone			
37	Central San Bernardino Mountains	44	GOOD	Ozone			
38	East San Bernardino Mountains	37	GOOD	Ozone			
39	Phelan	35	GOOD	Ozone			
40	Hesperia	34	GOOD	Ozone			
41	Trona	40	GOOD	Ozone			
42	Victorville	35	GOOD	Ozone			
43	Yucca Valley	41	GOOD	Ozone			
44	Barstow	40	GOOD	Ozone			
45	Twentynine Palms	38	GOOD	Ozone			

What To Do When Air Pollution Reaches Unhealthy Levels

In areas with **UNHEALTHY FOR SENSITIVE GROUPS** air quality (Air Quality Index of 101 to 150), sensitive or susceptible persons, including children, older adults and those with heart or lung disease, should minimize outdoor activity.

In areas with **UNHEALTHY** air quality (AQI of 151 to 200) or an **Ozone HEALTH ADVISORY Alert** (AQI of 132 to 200 for 1-hour ozone), everyone should discontinue prolonged, vigorous outdoor exercise lasting longer than one hour. Examples of the kinds of outdoor activities that should be avoided are calisthenics, basketball, running, soccer, football, tennis, swimming laps, and water polo. Susceptible persons, such as those with heart or lung disease, should avoid outdoor activity entirely.

In areas with **VERY UNHEALTHY** air quality (AQI of 201 or above) or an **Ozone STAGE-1 Alert** (AQI of 201 or above for 1-hour ozone), everyone should discontinue all vigorous outdoor activities regardless of duration.

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 Contact AQMD: 1-800-CUT-SMOG (or 909) 396-2000 Forecast Area Map: www.aqmd.gov/ForecastAreas