## 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.

Detailed Air Quality Forecasts with Wildland & Agricultural Burn Forecasts and Advisories: [www.aqmd.gov/aqdata](http://www.aqmd.gov/aqdata)

Daily Air Quality Forecasts and Advisories by Email -- Subscribe or Modify Settings at: [www.airalerts.org](http://www.airalerts.org)

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Forecast Area Map: [www.aqmd.gov/ForecastAreas](http://www.aqmd.gov/ForecastAreas)