### Forecast Area

#### GOOD
- East San Bernardino Mountains: 21
- Ozone: GOOD
- PM2.5: GOOD

#### Ozone
- Central San Bernardino Valley: 38
- North Coastal Orange County: 44
- West San Fernando Valley: GOOD
- Corona/Norco Area: 36
- Central San Bernardino Mountains: 26
- Lake Elsinore Area: 44
- Coachella Valley: GOOD
- Ozone: GOOD
- PM2.5: GOOD

#### PM2.5
- Goodbye Valley: 29
- Perris Valley: GOOD
- Temecula Valley: GOOD
- South San Gabriel Valley: GOOD
- Perris Valley: GOOD
- Ozone: GOOD
- PM2.5: GOOD

#### AQI Description
- Good
- Modest
- Very Unhealthy for Sensitive Groups
- Unhealthy

#### What To Do When Air Pollution Reaches Unhealthy Levels

- **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.

- **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.

- **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**:  
**Daily Air Quality Forecasts and Advisories by Email**: Subscribe or Modify Settings at: http://www.airalerts.org  
**AQMD Web Site for Current AQMD Air Quality Measurements, Forecasts and Advisories**:  
**Detailed Air Quality Forecasts Including Wildland & Agricultural Burn Forecasts**: http://www.aqmd.gov/home/air-quality/air-quality-data-studies  
**or by Telephone with our Interactive Voice Response System**: 1-800-288-7664  
**Issue Date**: Thursday, March 21, 2019  
**Forecast Valid Thursday, March 21, 2019**  
**Forecast Valid Friday, March 22, 2019**

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**AQI**

- **Central Los Angeles County**: 18
- **Northwest Coastal Los Angeles Co.**: 25
- **Southwest Los Angeles County Co.**: 26
- **South Coastal Los Angeles Co.**: 29
- **Southeast Los Angeles Co.**: 20
- **West San Fernando Valley**: GOOD
- **East San Fernando Valley**: 23
- **West San Gabriel Valley**: GOOD
- **Goodbye Valley**: 29
- **Central San Bernardino Valley**: 22
- **North Coastal Orange County**: 22
- **Saddleback Valley**: 29
- **Central Coastal Orange County**: 29
- **Capistrano Valley**: 30
- **Corona/Norco Area**: GOOD
- **Metropolitan Riverside County**: GOOD
- **Perris Valley**: GOOD
- **Lake Elsinore Area**: GOOD
- **Temecula Valley**: GOOD
- **Anza Area**: GOOD
- **Hemet/San Jacinto Valley**: GOOD
- **Banning/San Gorgonio Pass**: GOOD
- **Coachella Valley**: GOOD
- **East Riverside County**: 46
- **Northwest San Bernardino Valley**: GOOD
- **Southwest San Bernardino Valley**: GOOD
- **Central San Bernardino Valley**: GOOD
- **East San Bernardino Valley**: GOOD
- **West San Bernardino Mountains**: GOOD
- **Central San Bernardino Mountains**: GOOD
- **East San Bernardino Mountains**: GOOD
- **Phelan**: GOOD
- **Hesperia**: GOOD
- **Trona**: GOOD
- **Victorville**: GOOD
- **Yucca Valley**: GOOD
- **Barstow**: GOOD
- **Twentynine Palms**: GOOD