AIR QUALITY FORECAST

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What To Do When Air Pollution Reaches Unhealthy Levels

The Cleanest Time of the Day is based on forecasts of below-average AQI for PM2.5 and Ozone. These forecasts do not include PM10. They may differ from the actual AQI and users should also check the current AQI measurements at http://www.aqmd.gov/aqimap to plan outdoor activities.

What To Do When Air Pollution Reaches Unhealthy Levels

In areas with UNHEALTHY FOR SENSITIVE GROUPS air quality (AQI 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 Including Wildland & Agricultural Burn Forecasts: http://www.aqmd.gov/forecast
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