**AIR QUALITY FORECAST**

**Issue Date:** Saturday, October 10, 2020

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

In areas with **UNHEALTHY** air quality (AQI of 151 to 200) or an **Ozone HEALTH ADVISORY Alert** (AQI of 130 to 200 for 1-hour ozone), everyone should discontinue prolonged, vigorous outdoor activity 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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**Detailed Air Quality Forecasts Including Wildland & Agricultural Burn Forecasts:** [http://www.aqmd.gov/forecast]

**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:** [http://www.aqmd.gov/ForecastAreas]

**Contact AQMD:** 1-800-CUT-SMOG or (909) 396-2000

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**Cleanest Time of Day**

- **6 AM to 12 PM**
- **6 AM to 11 AM**
- **6 AM to 1 PM**
- **6 AM to 12 PM**

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**Forecast Area Map:** [http://www.aqmd.gov/aqimap]

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**AQI Description**

- **MODERATE**
- **GOOD**

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**Pollutant**

- **Ozone**
- **PM2.5**

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**Cleanest Time of Day**

- **Similar all day**

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**Forecast Area**

- **Central Los Angeles County**
- **Northwest Coastal Los Angeles Co.**
- **Southwest Los Angeles County Co.**
- **South Coastal Los Angeles Co.**
- **Southeast Los Angeles Co.**
- **West San Fernando Valley**
- **East San Fernando Valley**
- **West San Gabriel Valley**
- **East San Gabriel Valley**
- **Pomona/Walnut Valley**
- **South San Gabriel Valley**
- **South Central Los Angeles Co.**
- **Antelope Valley**
- **San Gabriel Mountains**
- **North Orange County**
- **Northwest San Bernardino Valley**
- **South Coastal Los Angeles Co.**
- **Central San Bernardino Valley**
- **East San Fernando Valley**
- **Central San Bernardino Valley**
- **South Central Los Angeles Co.**
- **West San Fernando Valley**
- **South Central Los Angeles Co.**
- **South Central Los Angeles Co.**
- **Central Orange County**
- **Central Orange County**
- **North Coastal Orange County**
- **Saddleback Valley**
- **Central Coastal Orange County**
- **Capistrano Valley**
- **Corona/Norco Area**
- **Metropolitan Riverside County**
- **Perris Valley**
- **Lake Elsinore Area**
- **Temecula Valley**
- **Anza Area**
- **Hemet/San Jacinto Valley**
- **Banning/San Gorgonio Pass**
- **Coachella Valley**
- **East Riverside County**
- **Northwest San Bernardino Valley**
- **Southwest San Bernardino Valley**
- **Central San Bernardino Valley**
- **East San Bernardino Valley**
- **West San Bernardino Valley**
- **Central San Bernardino Mountains**
- **East San Bernardino Mountains**
- **Phelan**
- **Hesperia**
- **Trona**
- **Victorville**
- **Yucca Valley**
- **Barstow**
- **Twentynine Palms**

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**AQI Values**

- **61**
- **71**
- **57**
- **50**
- **64**
- **97**
- **97**
- **108**
- **118**
- **115**
- **74**
- **66**
- **77**
- **51**
- **87**
- **77**
- **74**
- **49**
- **74**
- **51**
- **51**
- **118**
- **136**
- **97**
- **97**
- **87**
- **51**
- **84**
- **93**
- **108**
- **68**
- **129**
- **122**
- **101**
- **105**
- **87**
- **64**
- **67**
- **61**
- **54**
- **48**
- **64**
- **68**
- **61**
- **68**

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**AQI Levels**

- **61 - MODERATE**
- **71 - MODERATE**
- **57 - MODERATE**
- **50 - GOOD**
- **64 - MODERATE**
- **97 - MODERATE**
- **97 - MODERATE**
- **108 - UNHEALTHY FOR SENSITIVE GROUPS**
- **118 - UNHEALTHY FOR SENSITIVE GROUPS**
- **115 - UNHEALTHY FOR SENSITIVE GROUPS**
- **74 - MODERATE**
- **66 - MODERATE**
- **77 - MODERATE**
- **51 - MODERATE**
- **87 - MODERATE**
- **77 - MODERATE**
- **74 - MODERATE**
- **49 - GOOD**
- **74 - MODERATE**
- **51 - MODERATE**
- **97 - MODERATE**
- **97 - MODERATE**
- **87 - MODERATE**
- **51 - MODERATE**
- **84 - MODERATE**
- **93 - MODERATE**
- **108 - UNHEALTHY FOR SENSITIVE GROUPS**
- **68 - MODERATE**
- **129 - UNHEALTHY FOR SENSITIVE GROUPS**
- **122 - UNHEALTHY FOR SENSITIVE GROUPS**
- **101 - UNHEALTHY FOR SENSITIVE GROUPS**
- **105 - UNHEALTHY FOR SENSITIVE GROUPS**
- **87 - MODERATE**
- **64 - MODERATE**
- **67 - MODERATE**
- **61 - MODERATE**
- **54 - MODERATE**
- **48 - GOOD**
- **64 - MODERATE**
- **68 - MODERATE**
- **61 - MODERATE**
- **68 - MODERATE**

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**AQI Description**

- **Similar all day**

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**Special Notice**

- **Cleanest from 6 AM to 11 AM**
- **Cleanest from 6 AM to 12 PM**
- **Cleanest from 6 AM to 12 PM**
- **Cleanest from 6 AM to 12 PM**

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**Contact Information**

- **1-800-CUT-SMOG or (909) 396-2000**

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**AQI Measurement Locations**

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