



SOUTH COAST AIR QUALITY MANAGEMENT DISTRICT PRESS RELEASE

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May is the Start of Summer Smog Season

Protect Your Health by Knowing Your Air Quality

DIAMOND BAR – May marks the start of ozone season in Greater Los Angeles. During this time of year, hot, stagnant days with strong sunlight can increase the formation of ground-level ozone, known as smog, creating unhealthy air quality throughout Southern California. During this time, it is common for air quality to reach unhealthy levels in the afternoon hours, especially in inland areas.

Ozone pollution can cause or worsen respiratory problems, including asthma, lung inflammation and bronchitis. Young children, older adults and people with chronic respiratory conditions may be more sensitive to the health effects of ozone.

Residents should stay informed of air quality levels in their area and adjust their activities accordingly. This is vital for sensitive groups such as children, the elderly or those with respiratory issues such as asthma.

FIND AIR QUALITY IN YOUR AREA:

- Download South Coast AQMD's award-winning mobile app to view local air quality in real time, receive notifications when air quality is poor in your neighborhood and view hourly air quality forecasts. The free mobile app is available in English and Spanish on Apple and Android devices: www.aqmd.gov/mobileapp
- Visit www.aqmd.gov/aqimap to view real-time air quality and www.aqmd.gov/forecast for hourly air quality forecasts.
- Check www.aqmd.gov/advisory for current air quality advisories during extreme air quality events such as wildfires or dust storms. Sign up to receive advisories via email at www.airalerts.org.
- Follow South Coast AQMD's social media accounts on [Facebook](#), [Twitter](#) and [Instagram](#).

WHAT TO DO DURING PERIODS OF UNHEALTHY AIR QUALITY:

When the Air Quality is:	Actions to Take:
<p style="text-align: center;">Good AQI 0-50</p>	<p>Everyone: It's a great day to be active outside.</p>
<p style="text-align: center;">Moderate AQI 51-100</p>	<p>Everyone: It's a good day to be active outside.</p> <p>Unusually Sensitive People: Keep outdoor activities light and short; go indoors if you have symptoms.</p>
<p style="text-align: center;">Unhealthy for Sensitive Groups AQI 101-150</p>	<p>Everyone: Keep outdoor activities light and short.</p> <p>Sensitive Groups*: Go indoors if you have symptoms.</p>
<p style="text-align: center;">Unhealthy AQI 151-200</p>	<p>Everyone: Keep outdoor activities light and short. Go indoors if you have symptoms.</p> <p>Sensitive Groups*: Consider moving all activities indoors.</p>
<p style="text-align: center;">Very Unhealthy AQI 201-300</p>	<p>Sensitive Groups*: Avoid all outdoor physical activity.</p> <p>Everyone: Limit all outdoor physical activity. Go indoors if you have symptoms.</p>
<p style="text-align: center;">Hazardous AQI 301+</p>	<ul style="list-style-type: none"> • Everyone: Avoid all physical activity outdoors. *

**Sensitive (at-risk) groups include people with heart or lung disease, older adults, children, pregnant people, and people who spend a lot of time outdoors.*

Smog season officially ends on September 30, although high ozone levels may continue well into the fall, and other air pollutants can lead to unhealthy air quality during the rest of the year.

South Coast AQMD is the regulatory agency responsible for improving air quality for large areas of Los Angeles, Orange, Riverside and San Bernardino counties, including the Coachella Valley. For news, air quality alerts, event updates and more, please visit us at www.aqmd.gov, download our award-winning app, or follow us on [Facebook](#), [Twitter](#) and [Instagram](#).

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