



# SOUTH COAST AIR QUALITY MANAGEMENT DISTRICT

# PRESS RELEASE

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**MEDIA CONTACT:**

Nahal Mogharabi, (909) 396-3773, Cell: (909) 837-2431

Kim White, (909) 396-3456, Cell: (909) 323-9479

[press@aqmd.gov](mailto:press@aqmd.gov)

## Summer Smog Season is Starting

*Protect Your Health by Staying Informed of Local Air Quality Conditions*

**DIAMOND BAR** – May marks the start of ozone season in the Greater Los Angeles area. 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. As hotter temperatures return, it is common for air quality to reach unhealthy levels in the afternoon hours, especially in inland areas. Staying informed of your local air quality will help protect your health.

Ozone pollution can cause or worsen respiratory problems, including asthma, lung inflammation and bronchitis. Sensitive groups such as young children, older adults, pregnant women, and people with chronic respiratory conditions may be more sensitive to the health effects of ozone. Exceptionally sensitive people may experience impacts at low pollution levels. During smog season, weather extremes such as dust storms and wildfires can also lead to poor air quality.

Poor air quality cannot always be seen with the naked eye; tracking air quality levels can help protect your health by indicating when precautions are recommended. Residents should stay informed of air quality levels in their area and adjust their activities accordingly. Following are several ways to stay informed.

**FIND AIR QUALITY IN YOUR AREA:**

- **Mobile App:** 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](http://www.aqmd.gov/mobileapp).
- **Online Resources:** Visit [www.aqmd.gov/aqimap](http://www.aqmd.gov/aqimap) to view real-time air quality and [www.aqmd.gov/forecast](http://www.aqmd.gov/forecast) for hourly air quality forecasts.
- **Advisory Updates:** Check [www.aqmd.gov/advisory](http://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](http://www.airalerts.org).
- **Social Media:** Follow South Coast AQMD’s social media accounts on [Facebook](#), [X](#) (formerly known as Twitter) and [Instagram](#).

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.

**WHAT TO DO DURING PERIODS OF UNHEALTHY AIR QUALITY:**

<b>When the Air Quality is:</b>	<b>Actions to Take:</b>
<b>Good</b> AQI 0-50	Everyone: It's a great day to be active outside.
<b>Moderate</b> AQI 51-100	Everyone: It's a good day to be active outside.  Exceptionally sensitive people*: Keep outdoor activities light and short; go indoors if you have symptoms.
<b>Unhealthy for Sensitive Groups</b> AQI 101-150	Everyone: Keep outdoor activities light and short.  Sensitive groups*: Go indoors if you have symptoms.
<b>Unhealthy</b> AQI 151-200	Everyone: Keep outdoor activities light and short. Go indoors if you have symptoms.  Sensitive groups*: Consider moving all activities indoors.
<b>Very Unhealthy</b> AQI 201-300	Sensitive groups*: Avoid all outdoor physical activity.  Everyone: Limit all outdoor physical activity. Go indoors if you have symptoms.
<b>Hazardous</b> AQI 301+	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. Exceptionally sensitive people may experience impacts at low pollution levels.*

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](http://www.aqmd.gov), download our award-winning app, or follow us on [Facebook](#), [X](#) (formerly known as Twitter) and [Instagram](#).