



South Coast
AQMD

SOUTH COAST AIR QUALITY MANAGEMENT DISTRICT

PRESS RELEASE

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@SouthCoastAQMD    

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Summer Smog Season is Here

Protect Your Health by Staying Informed of Local Air Quality Conditions

DIAMOND BAR – May marks the start of smog (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 the South Coast Air Basin. 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 and bronchitis. Sensitive people such as young children, older adults, pregnant people, and individuals with chronic respiratory conditions may experience health effects even at low pollution levels.

During the smog season, extreme pollution episodes such as dust storms and wildfires can also lead to poor air quality. While the smog season officially ends on September 30, elevated ozone levels may persist into the fall, and other pollutants can impact air quality year-round.

HOW TO STAY INFORMED

- **South Coast AQMD Mobile App:** Download the South Coast Air Quality Management District's (South Coast AQMD) award-winning mobile app to view real-time local air quality, receive notifications when air quality is poor in your area, and access hourly forecasts. Available in English and Spanish on Apple and Android devices: www.aqmd.gov/mobileapp
- **Online Resources:** Visit www.aqmd.gov/aqimap to view real-time air quality and www.aqmd.gov/forecast for hourly air quality forecasts
- **Advisory Updates:** 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
- **Social Media:** Follow South Coast AQMD's social media accounts on [Facebook](#), [X](#) (formerly Twitter) and [Instagram](#)
- **Air Quality Index (AQI):** Learn how to check and understand AQI levels with a [step-by-step guide](#)

WHAT TO DO WHEN AIR QUALITY IS UNHEALTHY

- Limit outdoor activities, especially in the afternoon when ozone levels peak
- Move activities indoors when air quality reaches unhealthy levels
- Avoid heavy exertion near busy roads
- Check AQI daily to plan outdoor exercise and activities

HOW TO PROTECT YOUR HEALTH AT DIFFERENT AQI LEVELS

When the Air Quality is:	Actions to Take:
Good AQI 0-50	Everyone: It's a great day to be active outside.
Moderate 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.
Unhealthy for Sensitive Groups AQI 101-150	Everyone: Keep outdoor activities light and short. Sensitive groups*: Go indoors if you have symptoms.
Unhealthy AQI 151-200	Everyone: Keep outdoor activities light and short. Go indoors if you have symptoms. Sensitive groups*: Consider moving all activities indoors.
Very Unhealthy AQI 201-300	Sensitive groups*: Avoid all outdoor physical activity. Everyone: Limit all outdoor physical activity. Go indoors if you have symptoms.
Hazardous 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 individuals 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, download our award-winning [app](#), or follow us on [Facebook](#), [X](#) (formerly known as Twitter) and [Instagram](#).