What's Your Air Quality?



Good 0-50	Clean Air, have fun! No Limitations.
Moderate 51-100	The air is ok, but not best for everyone. If you need to, just play easy. Sensitive people should consider reducing prolonged or heavy exertion outdoors.
Unhealthy for Sensitive Groups 101-150	Don't stay outside too long or play too hard. Active children and adults, and people with lung disease, such as asthma, should avoid prolonged or heavy exertion outdoors.
Unhealthy 151-200	It's best to stay indoors, but if you have to be outdoors, just elax and take it easy. Active children and adults, and people with lung disease, such as asthma, should avoid heavy exertion outdoors. Everyone else, especially children, should avoid prolonged or heavy exertion outdoors.



lime to stay indoors.

Active children and adults, and people with lung disease, such as asthma, should avoid all heavy exertion outdoors. Everyone else, especially children, should avoid prolonged or heavy exertion outdoors.

Checking your air quality is easy: Visit www.aqmd.gov/aqi Download the South Coast AQMD App Sign Up for Air Alerts www.aqmd.gov/airalerts



