

Air Quality Index (AQI) Category (AQI Values)	Particulate Matter (PM _{2.5}) Micrograms per cubic meter (µg/m ³) 24-hr avg	Recommended Actions for Consideration
Good (0-50)	0-12	<ul style="list-style-type: none"> - Continue operating as usual, continue outdoor activities.
Moderate (51-100)	12.1 - 35.4	<ul style="list-style-type: none"> - Continue operating as usual, continue outdoor activities. - People with heart or lung disease should monitor respiratory or cardiac symptoms.
Unhealthy for Sensitive Groups (101-150)	35.5 - 55.4	<ul style="list-style-type: none"> - Keep doors and windows closed, seal large gaps as much as possible. Avoid exhaust fans. - Outside activities can continue, but should only be for short periods of time. For longer activities such as athletic practice, take more breaks and do less intense activities. - Watch for symptoms (coughing, wheezing, difficulty breathing, and chest tightness) and take action as needed. - Keep doors and windows closed, seal large gaps as much as possible.
Unhealthy (151-200)	55.5 - 150.4	<p>Sensitive groups should continue actions recommended during <i>Unhealthy for Sensitive Groups</i> (USG listed above). Even those without underlying conditions should do the above and consider these additional actions:</p> <ul style="list-style-type: none"> - Keep the garage-to-home door closed. - If cooling is needed, turn air conditioning to re-circulate mode in home and car, or use ceiling fans or portable fans (but do not use whole house fans that suck outdoor air into the home). - Operate appropriately sized portable air cleaners to reduce indoor particle levels. - Avoid indoor sources of pollutants, including tobacco smoke, heating with wood stoves, frying or broiling foods, burning candles or incense, vacuuming, and using paints or adhesives. - Keep at least a 5-day supply of medication available. - Have a supply of non-perishable groceries that do not require cooking.
Very Unhealthy (201-300)	150.5 - 250.4	<ul style="list-style-type: none"> - If symptomatic, seek medical attention. - If you are unable to create your own cleaner indoor air space to shelter in place, evacuate to a cleaner air shelter or leave the area, if it is safe to do so. - Cancel outdoor events involving activity.
Hazardous (>300)	250.5 > 500	<ul style="list-style-type: none"> - Serious aggravation of heart or lung disease, premature mortality in persons with heart or lung disease and older adults; serious risk of respiratory effects in the general population. - Everyone should avoid outdoor activity, and stay indoors, preferably in a space with filtered air.