

POLLUTANT-SPECIFIC CAUTIONARY STATEMENTS FOR THE AIR QUALITY INDEX

AQI	Descriptor	Ozone	Particulate Matter	Carbon Monoxide
0 - 50	Good	None	None	None
51 - 100	Moderate	Unusually sensitive people should consider limiting prolonged outdoor exertion.	None	None
101 - 150	Unhealthy for Sensitive Groups	Active children and adults, and people with respiratory disease, such as asthma, should limit prolonged outdoor exertion.	People with respiratory or heart disease, the elderly and children should limit prolonged exertion.	People with cardiovascular disease, such as angina, should limit heavy exertion and avoid sources of CO, such as heavy traffic.
151 -200	Unhealthy	Active children and adults, and people with respiratory disease, such as asthma, should avoid prolonged outdoor exertion; everyone else, especially children, should limit prolonged outdoor exertion.	People with respiratory or heart disease, the elderly and children should avoid prolonged exertion; everyone else should limit prolonged exertion.	People with cardiovascular disease, such as angina, should limit moderate exertion and avoid sources of CO, such as heavy traffic.
201 - 300	Very Unhealthy	Active children and adults, and people with respiratory disease, such as asthma, should avoid all outdoor exertion; everyone else, especially children, should limit outdoor exertion.	People with respiratory or heart disease, the elderly and children should avoid any outdoor activity; everyone else should avoid prolonged exertion.	People with cardiovascular disease, such as angina, should avoid exertion and sources of CO, such as heavy traffic.
301 - 500	Hazardous	Everyone should avoid all outdoor exertion.	Everyone should avoid any outdoor exertion; people with respiratory or heart disease, the elderly and children should remain indoors.	People with cardiovascular disease, such as angina, should avoid exertion and sources of CO, such as heavy traffic; everyone else should limit heavy exertion.