Air Quality and Your Health

Air quality is how clean the air is for people and the environment.

The EPA established the Air Quality Index (AQI), which reports air quality in 6 different categories by levels of health concern.

The AQI changes from day to day. Airnow.gov provides local, state, and national air quality information.

On Poor Air Quality Days:

- Stay informed by visiting airnow.gov.
- Stay indoors; keep doors and windows closed.
- Keep your activity levels low.
- Use air purifiers.
- Wear properly fitted N95 respirators if you have to go outside.

Daily AQI Levels of Concern	Values of Index	Description of Air Quality
Good	0 to 50	Air quality is satisfactory, and air pollution poses little or no risk.
Moderate	51 to 100	Air quality is acceptable. However, there may be a risk for some people, particularly those who are unusually sensitive to air pollution.
Unhealthy for Sensitive Groups	101 to 150	Members of sensitive groups may experience health effects. The general public is less likely to be affected.
Unhealthy	151 to 200	General public may experience health effects; members of sensitive groups may experience more serious health effects.
Very Unhealthy	201 to 300	Health alert: The risk of health effects is increased for everyone.
Hazardous	301 and Higher	Health warning of emergency conditions: everyone is more likely to be affected.

Poor air quality impacts everyone, but those most at risk are infants and young children, older adults, people who are pregnant, and people with asthma, heart disease, or lung disease.

For more information visit:
www.epa.gov/air-quality

Public Health
Prevent. Promote. Protect.

Middle-Brook Regional Health Commission