AirNow

# Air Quality Monitors Collect Ozone and Particle Pollution Data

**AirNow Converts Data to the Air Quality Index (AQI)**

**The Air Quality Index and You**

Green

Good

0 to 50

**Colors**

**Levelsof HealthConcern**

**AirQualityIndex (AQI)Values**

51-100

Moderate

Yellow

101-150

Unhealthy for Sensitive Groups

Orange

151-200

Unhealthy

Red

201-300

Very Unhealthy

Purple

301 to 500

Hazardous

Maroon

* **Excercise away from busy roads**
* **Choose less strenuous activities**
* **Exercise for less time**
* **Be active outdoors when air quality is better**

**Take Action!**

# When the AQI is Orange or Above

Over 3,000 state and local monitors transfer data hourly for over 450 cities

AirNow.gov

# Get the AQI

**Who Should Use the AQI?**

Everyone’s heart and lungs can be harmed by unhealthy air.

Those most at risk are:

* + **People with heart or lung disease**
	+ **People active outdoors**
	+ **Older adults**
	+ **Children**
	+ **Outdoor workers**

* **Carpool, use public transportation, bike or walk**
* **Don’t spill fuel at the gas station**
* **Reduce energy use**

Go to AirNow.gov to get:

* + **Your local AQI**
	+ **The AirNow app**
	+ **The AirNow widget**
	+ **EnviroFlash emails**

Or check your local weathercast