

Air Quality Information

Index Values	Groups Affected	Prescribed Health Precautions
Hazardous Over 300	Everyone	No activity outside - remain indoors. "Emergency Episode."
Very Unhealthy – Health Advisory 201-300	Everyone	All outdoor activities will stop. Indoor activities may continue in a closed environment.
Unhealthy 151-200	Everyone	All students and adults should be cautious and curtail outdoor activities and avoid any prolonged exertion. Students and adults with history of respiratory disease such as asthma/heart disease, will participate only in activities that can be conducted indoors.
Unhealthy for Sensitive Groups 101-150	Sensitive groups	Students and adults with respiratory diseases, such as asthma and heart disease, should not participate in any activity that would cause high levels of exertion. All other students and adults should limit outdoor activities.
Moderate 51-100	Unusually Sensitive people (those with extreme sensitivity to ozone)	Unusually sensitive people: Consider reducing prolonged or heavy exertion. Watch for symptoms such as coughing or shortness of breath. These are signs to take it a little easier. Everyone else: It's a good day to be active outside!
Good 0-50	No One	It's a great day to be active outside!

For more information go to: <http://www.airnow.gov/>