

## Air Quality Guide for Pollution from Wildfire Smoke

AQI Category	Air Quality Index (AQI)	PM <sub>2.5</sub> Concentration (µg/m <sup>3</sup> ) <sup>1</sup> 1-3 hr. avg.	PM <sub>2.5</sub> Concentration (µg/m <sup>3</sup> ) <sup>1</sup> 8 hr. avg.	PM <sub>2.5</sub> Concentration (µg/m <sup>3</sup> ) 24 hr. avg.	Visibility <sup>2</sup> (miles)	Health Effects Statement	Cautionary Statement
<b>Good</b>	0 – 50	0-38	0-22	0-15	10+		None
<b>Moderate</b>	51 – 100	39-88	23-50	16-35	6-10		Unusually sensitive people should consider reducing prolonged or heavy exertion
<b>Unhealthy for Sensitive Groups</b>	101-150	89-138	51-79	36-65	3-5	Increasing likelihood of respiratory symptoms in sensitive individuals, aggravation of heart or lung disease and premature mortality in persons with cardiopulmonary disease and the elderly.	People with heart or lung disease, older adults, and children should reduce prolonged or heavy exertion.
<b>Unhealthy</b>	151-200	139-351	80-200	66-150	1.5-2.75	Increased aggravation of heart or lung disease and premature mortality in persons with cardiopulmonary disease and the elderly; increased respiratory effects in general population.	People with heart or lung disease, older adults, and children should avoid prolonged or heavy exertion. Everyone else should reduce prolonged or heavy exertion.
<b>Very Unhealthy</b>	201-300	352-526	201-300	151-250	1-1.25	Significant aggravation of heart or lung disease and premature mortality in persons with cardiopulmonary disease and the elderly; significant increase in respiratory effects in general population.	People with heart or lung disease, older adults, and children should avoid all physical activity outdoors. Everyone else should avoid prolonged or heavy exertion.
<b>Hazardous</b>	300+	526+	300+	250+	Less than 1	Significant aggravation of heart or lung disease and premature mortality in persons with cardiopulmonary disease and the elderly; significant increase in respiratory effects in general population.	Everyone should avoid all physical activity outdoors.

1. These 1- and 8- hour PM 2.5 levels are estimated using the 24- hour breakpoints of the PM 2.5 Air Quality Index <http://www.airnow.gov/index.cfm?action=aqibasics.aqi> and were taken from the [Wildfire Smoke: A Guide for Public Health Officials](#) (Revised July 2008) posted by the California Environmental Protection Agency’s Air Resource Board.
2. How to estimate air quality based on visibility for areas without an air quality monitor or airport visibility estimate:
  - a. Face away from the sun.
  - b. Determine the limit of your visible range by looking for targets at known distances (miles).
  - c. Visible range is that point at which even high contrast objects totally disappear.
  - d. Use the values above to determine the local forest fire smoke category.