

How can I protect my health at different AQI values?

AQI Value	Actions to Protect Your Health
Good (0-50)	None.
Moderate (51-100)	None.
Unhealthy for Sensitive Groups (101-150)	People with asthma should consider reducing exertion outdoors.
Unhealthy (151-200)	Children, asthmatics, and people with heart or lung disease should reduce exertion outdoors.
Very Unhealthy (201-300)	Children, asthmatics, and people with heart or lung disease should avoid outdoor exertion. Everyone else should reduce exertion outdoors.

* An AQI of 100 for sulfur dioxide corresponds to a level of 75 parts per billion (1 hour average).