

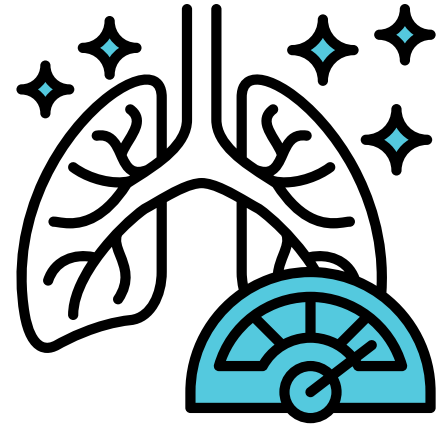
Air Quality & Your Lungs

What is Air Quality?

The Air Quality Index (AQI) tells us how clean or dirty the air is.

What are common air pollutants?

- Smog
- Dust and Soot
- Carbon monoxide
- Car exhaust
- Burning Oil and Coal
- Wildfire Smoke



Air Quality Index Levels

Air Quality Color	Level of Concern	Values of Index	Description of Air Quality
Green	Good	0-50	Air Quality is good, little to no health effects.
Yellow	Moderate	51-100	Air Quality is mostly good. People with lung problems may have health issues.
Orange	Unhealthy for some	101-180	Air Quality is fair. People lung problems or other health issues may have health issues. Most people will not have issues.
Red	Unhealthy	151-200	Air Quality is unhealthy. People with lung problems or other health issues could have more serious health issues.
Purple	Very Unhealthy	201-300	Air Quality is very unhealthy. Everyone may have health issues.
Maroon	Hazardous	301 or higher	Air Quality is unsafe. Everyone is more likely to be affected

How does this impact my asthma or COPD?

When the AQI is high, it can **make asthma and COPD worse**. Watch your breathing on days when the air quality is bad.



Scan to learn more:

What can I do?

Stay informed
Minimize exposure
Optimize your system
Keep supplies on hand
Establish a clean room