Air Quality Monitors Collect Ozone and Particle Pollution Data

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

AirNow Converts Data to the Air Quality Index (AQI)

AirNow.gov

Get the AQI

Go to AirNow.gov to get:
- Your local AQI
- The AirNow app
- The AirNow widget
- EnviroFlash emails
- Or check your local weathercast

When the AQI is Orange or Above

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

Take Action!

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

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

AirNow

The Air Quality Index and You

The Air Quality Index (AQI) Values

<table>
<thead>
<tr>
<th>Levels of Health Concern</th>
<th>Colors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Good 0 to 50</td>
<td>Green</td>
</tr>
<tr>
<td>Moderate 51 to 100</td>
<td>Yellow</td>
</tr>
<tr>
<td>Unhealthy for Sensitive Groups 101 to 150</td>
<td>Orange</td>
</tr>
<tr>
<td>Unhealthy 151 to 200</td>
<td>Red</td>
</tr>
<tr>
<td>Very Unhealthy 201 to 300</td>
<td>Purple</td>
</tr>
<tr>
<td>Hazardous 301 to 500</td>
<td>Maroon</td>
</tr>
</tbody>
</table>

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- People active outdoors
- Older adults
- Children
- Outdoor workers

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