

EPA Guidelines for Physical Activity when PM 2.5 Levels are Elevated

Cache Valley Air Quality Color	Level of PM 2.5	Air Quality Index Values	Level of Health Concern	Cautionary Statements
Green Air Day	0-24	0-50	Good	None
Yellow Air Day	25-34	51-100	Moderate	Unusually sensitive people should <u>consider reducing</u> prolonged or heavy exertion.
Red Air Day	35-55	101-150	Unhealthy for Sensitive Groups	People with heart or lung disease, older adults, and children should <u>reduce</u> prolonged or heavy exertion.
Red Air Day	56-140	151-200	Unhealthy	People with heart or lung disease, older adults, and children should <u>avoid</u> prolonged or heavy exertion. Everyone else should <u>reduce</u> prolonged or heavy exertion.
Red Air Day	141-210	201-300	Very Unhealthy	People with heart or lung disease, older adults, and children should <u>avoid</u> all physical outdoor activity. Everyone else should <u>avoid</u> prolonged or heavy exertion.
Red Air Day	211 +	301-500	Hazardous	People with heart or lung disease, older adults, and children should remain indoors and keep activity levels low. Everyone else should <u>avoid</u> all physical activity outdoors.

Adapted from United State Environmental Protection Agency (EPA) Air Quality Index: A Guide to Air Quality and Your Health

To review the entire document please visit: http://www.epa.gov/airnow/aqi_cl.pdf