How to Check Air Quality

Use the AirNow app from the U.S. Environmental Protection Agency (EPA). Learn more at: https://www.airnow.gov/aqi/aqi-basics/

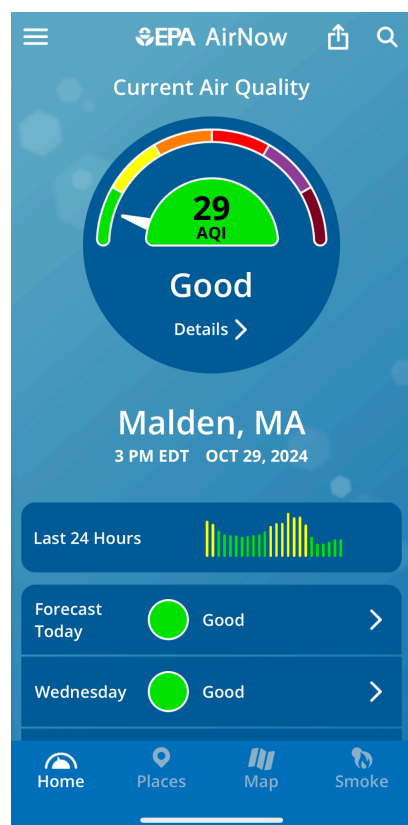## Scan the QR code to download the app to your phone

App Store
(Apple/iOS)

Google Play Store
(Android)

Type in your city or zip code

The app will display a screen that shows the current Air Quality Index (AQI), how the AQI has changed in the last 24 hours, and the forecast for the next few days.

Plan your daily activities depending on the AQI to protect your health.

The AQI includes six categories. Higher AQI values mean greater levels of air pollution and more serious health concerns.

Green (0-50): **Good Air Quality.** Little or no risk to health.

Yellow (51–100): **Moderate Air Quality.** People sensitive to air pollution should consider reducing prolonged or heavy exertion.

Orange (101-150): **Unhealthy for Sensitive Groups.** People with heart or lung disease, older adults, and children should reduce prolonged or heavy exertion.

Red (151–200): **Unhealthy.** People with heart or lung disease, older adults, and children should avoid prolonged or heavy exertion. Everyone else should reduce prolonged or heavy exertion.

Purple (201–300): **Very Unhealthy.** People with heart or lung disease, older adults, and children should avoid all physical activity outdoors. Everyone else should avoid prolonged or heavy exertion.

Maroon (301–500): Hazardous. Everyone should avoid all physical activity outdoors. People with heart or lung disease, older adults, and children should remain indoors and keep activity levels low.