**Poor Air Quality Days**

**What is Air Quality?**

Air quality is a measure of how much pollution is in the air. It is important for everyone to be informed about daily air quality in order to reduce their exposure to air pollution.

The Air Quality Index (AQI) is a tool used to report daily air quality.

To see the AQI in your area visit www.airnow.gov

<table>
<thead>
<tr>
<th>Air Quality Index</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1-50</td>
<td>GOOD</td>
</tr>
<tr>
<td>51-100</td>
<td>MODERATE</td>
</tr>
<tr>
<td>101-150</td>
<td>UNHEALTHY FOR SENSITIVE GROUPS</td>
</tr>
<tr>
<td>151-200</td>
<td>UNHEALTHY</td>
</tr>
<tr>
<td>201-300</td>
<td>VERY UNHEALTHY</td>
</tr>
<tr>
<td>301-500</td>
<td>HAZARDOUS</td>
</tr>
</tbody>
</table>

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**When are you at risk?**

- Children
- Pregnant Women
- Older Adults
- People with Asthma
- People with Heart Disease
- Adults

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**What can you do?**

- Limit the time or intensity of your outdoor workout
- Avoid exercising near high traffic areas
- Exercise in your local community center or gym
- Find a yoga or pilates video online
- Visit your local library
- Limit spending time outdoors between 2-7pm

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**Medical Advocates for Healthy Air**

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