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 tool used to report daily air quality.

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

Air Quality Index

<table>
<thead>
<tr>
<th>Index Range</th>
<th>Description</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>

What can you do?

- Limit the time 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

2-7pm
- Limit spending time outdoors between 2-7pm
- Visit your local library
- Try a STEM indoor learning activity www.epa.gov/students

Other activities:
- Go to a museum
- Play board games
- Play indoor bowling
- Start an indoor garden

MAHA
Medical Advocates for Healthy Air

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