

# 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](http://www.airnow.gov)

## Air Quality Index

1-50	GOOD
51-100	MODERATE
101-150	UNHEALTHY FOR SENSITIVE GROUPS
151-200	UNHEALTHY
201-300	VERY UNHEALTHY
301-500	HAZARDOUS

## .....When are you at risk?.....



Children



Pregnant Women



Older Adults



People with Asthma



People with Heart Disease



Adults

## .....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

# MAHA

+ Medical Advocates for Healthy Air

# Clean Air Carolina

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