



# AIR QUALITY ACTION GUIDE

Your “how to” guide  
for cleaner air

Air Quality Rating	Steps to Protect Your Health and Our Environment
<b>GOOD</b> 0-50	Enjoy the great outdoors. <ul style="list-style-type: none"><li>• Rather than drive - bike or walk when possible.</li><li>• Conserve energy. Replace incandescent bulbs with CFLs.</li><li>• Plant a tree to improve health and air quality.</li></ul>
<b>MODERATE</b> 51-100	Some pollution. Even moderate levels pose risks to highly sensitive groups. <ul style="list-style-type: none"><li>• Bundle errands. Eliminate unnecessary trips.</li><li>• Check AirAlerts to see if tomorrow’s forecast is unhealthy.</li><li>• Perform regular maintenance on your car.</li></ul>
<b>UNHEALTHY</b> For Sensitive Groups 101-150	Pollution levels are harmful to children, older adults and anyone with a respiratory or heart condition. Limit physical outdoor activity. <ul style="list-style-type: none"><li>• Don’t drive alone. Carpool, take public transit.</li><li>• Refuel your car in the evening.</li><li>• Put off lawn care until air quality improves.</li><li>• Use a gas or electric grill instead of charcoal.</li></ul>
<b>UNHEALTHY</b> 151-200	Everyone should limit strenuous outdoor activity when the air is unhealthy to breathe. <ul style="list-style-type: none"><li>• Telework and take public transit.</li><li>• Turn off lights and electronics when not in use.</li><li>• Avoid lawn mowing or use an electric mower.</li><li>• Sign up for health alerts at <a href="http://cleanairpartners.net">cleanairpartners.net</a>.</li><li>• Don’t use chemicals on your lawn and garden.</li></ul>
<b>VERY UNHEALTHY</b> 201-300	Pollution levels are very unhealthy for everyone. Avoid any physical outdoor activity. <ul style="list-style-type: none"><li>• Follow all of the action steps above.</li></ul>

## Do Your Share for Cleaner Air.

Visit [Cleanairpartners.net](http://Cleanairpartners.net) to get your daily AirAlerts and discover additional steps you can take each day to improve our region’s air quality, protect your health, and reduce the risks of climate change.