



AIR QUALITY ACTION GUIDE

Your “how to” guide
for cleaner air

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

#BreatheEasy this summer and download the Clean Air Partners Air Quality App to discover simple steps to improve air quality, protect public health, and reduce greenhouse gas emissions.