

Community Guide for Staying Healthy During Wildfire Smoke Events¹

Air Quality Index (AQI)	Possible Health Effects	Cautionary Statement
Good	None Expected	None
Moderate	Possible worsening of heart or lung disease.	Unusually sensitive people should consider reducing prolonged or heavy exertion: <ul style="list-style-type: none"> • People with heart or lung disease should pay attention to symptoms. • If you have symptoms of lung or heart disease, including repeated coughing, shortness of breath or difficulty breathing, wheezing, chest tightness or pain, palpitations, nausea, unusual fatigue or lightheadedness, contact your health care provider.
Unhealthy for Sensitive Groups	Increased likelihood of lung or heart symptoms in sensitive individuals. Worsening of heart or lung disease. Increased risk of early death in people with lung and heart disease and the elderly.	Sensitive Groups: Children, pregnant women, people with heart or lung disease, and the elderly should: <ul style="list-style-type: none"> • Limit prolonged or heavy exertion. • Limit time spent outdoors. • Avoid physical exertion. • People with asthma should follow asthma management plan. • If you have symptoms of lung or heart disease that may be related to excess smoke exposure, including repeated coughing, shortness of breath or difficulty breathing, wheezing, chest tightness or pain, heart palpitations, nausea, unusual fatigue or lightheadedness, contact your health care provider.
Unhealthy	Worsening of heart or lung disease with: <ul style="list-style-type: none"> • Increased risk of early death in people with heart and lung disease and the elderly. • Increased lung problems in general population. 	Sensitive Groups: Children, pregnant women, people with heart or lung disease, and the elderly should: <ul style="list-style-type: none"> • Avoid prolonged or heavy exertion. • Stay indoors; avoid exertion. General Population: <ul style="list-style-type: none"> • Limit prolonged or heavy exertion. • Limit time spent outdoors. • If you have symptoms of lung or heart disease that may be related to excess smoke exposure, including repeated coughing, shortness of breath or difficulty breathing, wheezing, chest tightness or pain, palpitations, nausea or unusual fatigue or lightheadedness, contact your health care provider.

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Air Quality Index (AQI)	Possible Health Effects	Cautionary Statement
Very Unhealthy	<p>Worsening of heart or lung disease with:</p> <ul style="list-style-type: none"> • Significant risk of early death in persons with heart and lung disease and the elderly. • Significant increase in lung problems in general population. 	<p>Sensitive Groups: Children, pregnant women, people with heart or lung disease, and the elderly should:</p> <ul style="list-style-type: none"> • Avoid all physical activity outdoors. • Stay indoors, avoid exertion. <p>General Population:</p> <ul style="list-style-type: none"> • Avoid prolonged or heavy exertion. • Stay indoors, avoid exertion.
Hazardous	<p>Worsening of heart or lung disease with:</p> <ul style="list-style-type: none"> • Significant risk of early death in persons with heart and lung disease and the elderly. • Serious risk of lung problems in general population. 	<p>Everyone should avoid all physical activity outdoors.</p> <ul style="list-style-type: none"> • Stay indoors, avoid exertion.

1. This table was adapted from the Wildfire Smoke: A Guide for Public Health Officials (Revised June 2013). Available at: http://oehha.ca.gov/air/risk_assess/wildfirev8.pdf
 For more information about the Air Quality Index visit Air Now:
<http://www.airnow.gov/?action=aqibasics.aqi>