

RECOMMENDED ACTIONS DURING WILDFIRE SMOKE AND OTHER UNHEALTHY AIR QUALITY EVENTS



GENERAL PUBLIC

HOW TO USE THIS CHART

STEP 1

Find the current local air quality conditions (AQI) at fire.airnow.gov. To find forecasted air quality conditions go to AirQuality.org.

STEP 2

Once you know the AQI nearest your location, use the table below to help you plan and make decisions during a wildfire smoke event or anytime the AQI increases.

ACTIVITY	LEVEL 1 GOOD	LEVEL 2 MODERATE	LEVEL 3 UNHEALTHY FOR SENSITIVE GROUPS	LEVEL 4 UNHEALTHY	LEVEL 5 VERY UNHEALTHY	LEVEL 6 HAZARDOUS
AQI	0-50	51-100	101-150	151-200	201-300	≥301
GENERAL OUTDOOR ACTIVITY	No suggested action	Sensitive individuals ¹ should be prepared to medically manage their condition Know where to go to get air quality information so you can plan your activities if conditions worsen	Sensitive individuals ¹ should stay indoors or avoid vigorous outdoor activities	Avoid vigorous outdoor activities Sensitive individuals ¹ or any individual having difficulty breathing should remain indoors	No outdoor activity All activity should be moved indoors or discontinued	No outdoor activity All activity should be moved indoors or discontinued
EXERCISE	No suggested action	Sensitive individuals ¹ should be prepared to medically manage their condition Know where to go to get air quality information so you can plan your activities if conditions worsen	Sensitive individuals ¹ should exercise indoors or avoid vigorous exercise activities Increase rest periods and lower breathing rates Reduce vigorous exercise to 30 minutes per hour or less	Exercise indoors or limit vigorous exercise activity to maximum 15 minutes Sensitive individuals ¹ or any individual having difficulty breathing should remain indoors	No outdoor exercise All activity should be moved indoors or discontinued	No outdoor exercise All activity should be moved indoors or discontinued
INDOOR AIR QUALITY	No suggested action	Sensitive individuals ¹ should be prepared to medically manage their condition Understand and maintain HVAC system to reduce smoke indoors Install and keep high-efficiency filters on hand Consider purchasing a certified portable air cleaner ² to help improve indoor air quality when needed	Sensitive individuals ¹ consider using a portable air cleaner to reduce indoor air pollution Don't use products that increase indoor air pollution (candles, cleaners, air fresheners) Reduce activities that create more dust (frying foods, vacuuming) Follow previous guidance under Level 2	Run HVAC system on recirculate mode to reduce smoke indoors Keep doors and windows closed Change dirty filters as needed Create a clean air space at home (use a certified portable air cleaner ² or DIY air cleaner) Follow previous guidance under Levels 2-3	Follow previous guidance under Levels 2-4	Follow previous guidance under Levels 2-4
N95 MASK USE	No suggested action	Keep N95 masks on hand in case air quality worsens and you must go outside	Sensitive individuals ¹ should consider using N95 masks only if you must go outside; other health conditions and breathing rates should be monitored	Use an N95 mask if you must go outside and monitor other health conditions and breathing rates	Use an N95 mask if you must go outside and monitor health conditions	Use an N95 mask if you must go outside and monitor health conditions

¹ Sensitive Individuals include anyone with asthma or other heart/lung conditions. Those with asthma should follow their asthma action plans and keep their quick-relief medicine handy.

² The California Air Resources Board certifies portable air cleaners. Before you purchase, check to make sure it is certified here: <https://ww2.arb.ca.gov/list-carb-certified-air-cleaning-devices>

