



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 AirAlerts 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.

Do Your Share for Cleaner Air.

Visit 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.