

Air Quality Color Guide

Air Quality Index	Ways to protect your health
<p style="text-align: center;">Good 0 – 50 Code Green</p>	<p style="text-align: center;">Not harmful to your health: It is safe to be active or work outdoors.</p>
<p style="text-align: center;">Moderate 51 – 100 Code Yellow</p>	<p style="text-align: center;">Children, older adults and people with heart or lung disease, (like asthma or other breathing problems): Think about spending less time being active or doing hard work outdoors.</p>
<p style="text-align: center;">Not Healthy for Sensitive Groups 101 - 150 Code Orange</p>	<p style="text-align: center;">Children, older adults and people with heart or lung disease, (like asthma or other breathing problems): Spend less time being active or doing hard work outdoors.</p>
<p style="text-align: center;">Not Healthy 151 – 200 Code Red</p>	<p style="text-align: center;">Children, older adults and people with heart or lung disease, (like asthma or other breathing problems): Do NOT spend time being active or working hard outdoors. All others: Do not spend much time being active or doing hard work outdoors.</p>
<p style="text-align: center;">Very Unhealthy 201 – 300 Code Purple</p>	<p style="text-align: center;">Every one: Do not spend any time being active or working outdoors.</p>
<p style="text-align: center;">Hazardous 301-500</p>	<p style="text-align: center;">Warning for Everyone: Conditions are harmful to your health.</p>



Care for the air:

- Save energy: drive your car less and use less electricity.
- Carpool, ride a taxi or bus, bike or walk when you are able.
- Take care of all engines including cars, boats and mowers.
- Keep the right amount of air in your tires and wheels aligned.
- Do not burn trash. It is not legal and puts dangerous materials in the air.
- Do not burn leaves or brush. This also puts dangerous materials in the air.

Adapted from Air Quality Index (AQI) A Guide to Air Quality and Your Health <http://airnow.gov/index.cfm?action=aqibasics.aqi> Updated 05/22/14 and Air Quality Color Guide-NC Division of Air Quality www.ncair.org 06/09