# Air Quality Recommendations - General Population

Health recommendations for people participating in outdoor physical activity and their potential exposure to air pollution (wildfire smoke, dust, ozone)

## Air Quality Conditions

<table>
<thead>
<tr>
<th>Length of Activity</th>
<th>Good for all groups</th>
<th>Moderate for Group 1</th>
<th>Unhealthy for Groups 1 &amp; 2</th>
<th>Unhealthy for all groups</th>
<th>Very Unhealthy/Hazardous for all groups</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 minutes</td>
<td>No restrictions</td>
<td>Group 1 should monitor or reduce physical activity.</td>
<td>Groups 1 &amp; 2 should limit time spent outdoors or reduce physical activity.</td>
<td>Groups 1 &amp; 2 should avoid the outdoors; Group 3 should reduce physical activity.</td>
<td></td>
</tr>
<tr>
<td>1 hour</td>
<td>No restrictions</td>
<td>Group 1 should monitor or reduce physical activity.</td>
<td>Groups 1 &amp; 2 should considerably limit time spent outdoors and reduce physical activity.</td>
<td>All groups should avoid the outdoors and physical activity.</td>
<td></td>
</tr>
<tr>
<td>2+ hours</td>
<td>No restrictions</td>
<td>Group 1 should limit prolonged physical activity.</td>
<td>Groups 1 &amp; 2 should avoid the outdoors and Group 3 should reduce physical activity.</td>
<td></td>
<td>All groups should avoid the outdoors and physical activity.</td>
</tr>
</tbody>
</table>

### Group 1:
- Individuals with respiratory or heart disease, angina, pulmonary disease, asthma, emphysema or any other disease that may be impacted by any level of smoke or particle pollution.

### Group 2:
- Individuals with asthma or recent respiratory infections, those who experience seasonal allergies, work outside or in general are more sensitive to acute effects of smoke or particle pollution.

### Group 3:
- Individuals who are normally resistant to short-term effects of smoke (healthy). Healthy people may also experience adverse effects of smoke depending on duration and exposure.

### How to roughly estimate air quality based on visibility without an air quality monitor or airport visibility estimate:

1. Face away from the sun.
2. Determine the limit of your visible range by looking for targets at known distances (miles).
3. Visible range is that point at which even high contrast objects totally disappear.
4. Use the values above to determine the local AQI.

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It's a breath of fresh air.