



Antelope Valley Air Quality Management District  
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[www.AVAQMD.ca.gov](http://www.AVAQMD.ca.gov)

# 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)*

Length of activity	Air Quality conditions				
	→Check current air quality first at <a href="http://www.AVAQMD.ca.gov">www.AVAQMD.ca.gov</a> or <a href="http://www.AirNow.gov">www.AirNow.gov</a> then use this chart.				
	<b>GOOD</b> for all groups AQI 0-50 Visibility: 11+ miles	<b>MODERATE</b> for Group 1 AQI 51-100 Visibility: 6-10 miles	<b>UNHEALTHY</b> for Groups 1 & 2 AQI 101-150 Visibility: 3-5 miles	<b>UNHEALTHY</b> for all groups AQI 151-200 Visibility: 1 <sup>1</sup> / <sub>2</sub> - 2 <sup>3</sup> / <sub>4</sub> miles	<b>VERY UNHEALTHY/ HAZARDOUS</b> for all groups AQI 201+ Visibility: <1 <sup>1</sup> / <sub>4</sub> miles
30 minutes	No restrictions	Group 1 should monitor or reduce physical activity.	Groups 1 & 2 should limit time spent outdoors or reduce physical activity.	Groups 1 & 2 should avoid the outdoors; Group 3 should reduce physical activity.	All groups should avoid the outdoors and physical activity.
1 hour	No restrictions	Group 1 should monitor or reduce physical activity.	Groups 1 & 2 should considerably limit time spent outdoors and reduce physical activity.	All groups should avoid the outdoors and physical activity.	
2+ hours	No restrictions	Group 1 should limit prolonged physical activity.	Groups 1 & 2 should avoid the outdoors and Group 3 should reduce physical activity.		

### 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.

It's a breath of fresh air.