Air Quality Health Index

**General Population:**
- Ideal air quality for outdoor activities.

**LOW**
- General Population: No need to modify your usual outdoor activities unless you experience symptoms such as coughing and throat irritation.
- **At Risk Population**: Enjoy your usual outdoor activities.

**MODERATE**
- General Population: Consider reducing or rescheduling strenuous activities outdoors if you experience symptoms such as coughing and throat irritation.
- **At Risk Population**: Consider reducing or rescheduling strenuous activities outdoors if you are experiencing symptoms.

**HIGH**
- General Population: Reduce or reschedule strenuous activities outdoors, especially if you experience symptoms such as coughing and throat irritation.
- **At Risk Population**: Reduce or reschedule strenuous activities outdoors. Children and the elderly should also take it easy.

**VERY HIGH**
- General Population: Avoid strenuous activities outdoors. Children and the elderly should also avoid outdoor physical exertion.
- **At Risk Population**: Follow your doctor’s usual advice about exercising and managing your condition.

*People with heart or breathing problems are at greater risk. Follow your doctor’s usual advice about exercising and managing your condition.*

→ The higher the number, the higher the risk.