

AQI Value	Actions to Protect Your Health From Particle Pollution
<p style="text-align: center;">Good (0 - 50)</p>	<p style="text-align: center;">None</p>
<p style="text-align: center;">Moderate (51 - 100)</p>	<p>Unusually sensitive people should consider reducing prolonged or heavy exertion.</p>
<p style="text-align: center;">Unhealthy for Sensitive Groups (101 - 150)</p>	<p>The following groups should reduce prolonged or heavy outdoor exertion:</p> <ul style="list-style-type: none"> - People with heart or lung disease - Children and older adults
<p style="text-align: center;">Unhealthy (151 - 200)</p>	<p>The following groups should avoid prolonged or heavy exertion:</p> <ul style="list-style-type: none"> - People with heart or lung disease - Children and older adults <p>Everyone should reduce prolonged or heavy exertion.</p>
<p style="text-align: center;">Very Unhealthy (201 - 300)</p>	<p>The following groups should avoid all physical activity outdoors:</p> <ul style="list-style-type: none"> - People with heart and lung disease - Children and older adults <p>Everyone should avoid prolonged or heavy exertion.</p>