

Take Care by Knowing Your Air

Have you seen the daily alerts about air quality? What exactly do they mean for your family?

The Children's HealthSM Asthma Management Program is here to help you understand the Air Quality Index (AQI) and create an asthma management plan to keep your family healthy, even when the air quality isn't.

Calculated using four major air pollutants (ozone, particle pollution, carbon monoxide and sulfur dioxide), the AQI breaks down air quality into six categories. The higher the level, the greater the health concern for your family and the bigger risk of an asthma attack. The AQI chart below has tips to help you and your family breathe easy while enjoying the outdoors.

AIR QUALITY INDEX	FAMILY MEMBERS AFFECTED	ACTIONS TO PROTECT YOUR FAMILY'S HEALTH
Good 0 to 50	None	None
Moderate 51 to 100	Unusually sensitive people	Consider reducing prolonged or heavy outdoor exertion
Unhealthy for sensitive groups 101 to 150	People with lung or heart disease, children and elderly	Reduce prolonged or heavy outdoor physical activity
Unhealthy 151 to 200	People with lung or heart disease, children and elderly	Avoid prolonged outdoor physical activity
	Other family members	Limit prolonged outdoor physical activity
Very unhealthy 201 to 300	People with lung or heart disease, children and elderly	Avoid all outdoor physical activity
	Other family members	Limit outdoor physical activity
Hazardous 301 to 500	Everyone	Air quality is so hazardous that everyone may experience effects