

## Community Guide for Staying Healthy During Wildfire Smoke Events<sup>1</sup>

Air Quality Index (AQI)	Visibility <sup>2</sup> (miles)	Possible Health Effects	Cautionary Statement
Good	11+	None Expected	None
Moderate	6 -10	Possible worsening of heart or lung disease.	Unusually sensitive people should consider reducing prolonged or heavy exertion: <ul style="list-style-type: none"> <li>• People with heart or lung disease should pay attention to symptoms.</li> <li>• If you have symptoms of lung or heart disease, including repeated coughing, shortness of breath or difficulty breathing, wheezing, chest tightness or pain, palpitations, nausea, unusual fatigue or lightheadedness, contact your health care provider.</li> </ul>
Unhealthy for Sensitive Groups	3 - 5	Increased likelihood of lung or heart symptoms in sensitive individuals.  Worsening of heart or lung disease.  Increased risk of early death in people with lung and heart disease and the elderly.	Sensitive Groups: <b>Children, pregnant women, people with heart or lung disease, and the elderly</b> should: <ul style="list-style-type: none"> <li>• Limit prolonged or heavy exertion.</li> <li>• Limit time spent outdoors.</li> <li>• Avoid physical exertion.</li> <li>• People with asthma should follow asthma management plan.</li> <li>• If you have symptoms of lung or heart disease that may be related to excess smoke exposure, including repeated coughing, shortness of breath or difficulty breathing, wheezing, chest tightness or pain, heart palpitations, nausea, unusual fatigue or lightheadedness, contact your health care provider.</li> </ul>
Unhealthy	1.5 - 2.75	Worsening of heart or lung disease with: <ul style="list-style-type: none"> <li>• Increased risk of early death in people with heart and lung disease and the elderly.</li> <li>• Increased lung problems in general population.</li> </ul>	Sensitive Groups: <b>Children, pregnant women, people with heart or lung disease, and the elderly</b> should: <ul style="list-style-type: none"> <li>• Avoid prolonged or heavy exertion.</li> <li>• Stay indoors; avoid exertion.</li> </ul> General Population: <ul style="list-style-type: none"> <li>• Limit prolonged or heavy exertion.</li> <li>• Limit time spent outdoors.</li> <li>• If you have symptoms of lung or heart disease that may be related to excess smoke exposure, including repeated coughing, shortness of breath or difficulty breathing, wheezing, chest tightness or pain, palpitations, nausea or unusual fatigue or lightheadedness, contact your health care provider.</li> </ul>

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Very Unhealthy	1 - 1.25	Worsening of heart or lung disease with: <ul style="list-style-type: none"> <li>• Significant risk of early death in persons with heart and lung disease and the elderly.</li> <li>• Significant increase in lung problems in general population.</li> </ul>	Sensitive Groups: <b>Children, pregnant women, people with heart or lung disease, and the elderly</b> should: <ul style="list-style-type: none"> <li>• Avoid all physical activity outdoors.</li> <li>• Stay indoors, avoid exertion.</li> </ul> General Population: <ul style="list-style-type: none"> <li>• Avoid prolonged or heavy exertion.</li> <li>• Stay indoors, avoid exertion.</li> </ul>
Hazardous	Less than 1	Worsening of heart or lung disease with: <ul style="list-style-type: none"> <li>• Significant risk of early death in persons with heart and lung disease and the elderly.</li> <li>• Serious risk of lung problems in general population.</li> </ul>	Everyone should avoid all physical activity outdoors. <ul style="list-style-type: none"> <li>• Stay indoors, avoid exertion.</li> </ul>

1. This table was adapted from the Wildfire Smoke: A Guide for Public Health Officials (Revised June 2013). Available at:

[http://oehha.ca.gov/air/risk\\_assess/wildfirev8.pdf](http://oehha.ca.gov/air/risk_assess/wildfirev8.pdf)

For more information about the Air Quality Index visit Air Now:

<http://www.airnow.gov/?action=aqibasics.aqi>

2. How to estimate air quality based on visibility for areas without an air quality monitor or airport visibility estimate:

- a. Face away from the sun.
- b. Determine the limit of your visible range by looking for targets at known distances (miles).
- c. Visible range is when an object you can easily see in the distance disappears.
- d. Use the visibility values above to determine the local wildfire smoke category.