

Pollutant-Specific Sub-indices and Cautionary Statements for Guidance on the Air Quality Index (AQI)

Revised September, 2011

AQI	Ozone	Particulate Matter	Carbon Monoxide	Sulfur Dioxide	Nitrogen Dioxide
Good	None	None	None	None	None
Moderate	<p>Unusually sensitive individuals may experience respiratory symptoms.</p> <p>Unusually sensitive people should consider reducing prolonged or heavy outdoor exertion.</p>	<p>Respiratory symptoms possible in unusually sensitive individuals, possible aggravation of heart or lung disease in people with cardiopulmonary disease and older adults.</p> <p>Unusually sensitive people should consider reducing prolonged or heavy exertion.</p>	None	None	<p>Individuals who are unusually sensitive to nitrogen dioxide should consider limiting prolonged outdoor exertion.</p>
Unhealthy for Sensitive Groups	<p>Increasing likelihood of respiratory symptoms and breathing discomfort in active children and adults and people with lung disease, such as asthma.</p> <p>Active children and adults, and people with lung disease, such as asthma, should reduce prolonged or heavy outdoor exertion.</p>	<p>Increasing likelihood of respiratory symptoms in sensitive individuals, aggravation of heart or lung disease and premature mortality in people with cardiopulmonary disease and older adults.</p> <p>People with heart or lung disease, older adults, and children should reduce prolonged or heavy exertion.</p>	<p>Increasing likelihood of reduced exercise tolerance due to increased cardiovascular symptoms, such as chest pain, in people with heart disease.</p> <p>People with heart disease, such as angina, should limit heavy exertion and avoid sources of CO, such as heavy traffic.</p>	<p>Increasing likelihood of respiratory symptoms, such as chest tightness and breathing discomfort, in people with asthma.</p> <p>People with asthma should consider limiting outdoor exertion.</p>	<p>People with lung disease, such as asthma, children and older adults should limit prolonged outdoor exertion.</p>
Unhealthy	<p>Greater likelihood of respiratory symptoms and breathing difficulty in active children and adults and people with lung disease, such as asthma; possible respiratory effects in general population.</p>	<p>Increased aggravation of heart or lung disease and premature mortality in people with cardiopulmonary disease and older adults; increased respiratory effects in general population.</p>	<p>Reduced exercise tolerance due to increased cardiovascular symptoms, such as chest pain, in people with heart disease.</p>	<p>Increased respiratory symptoms, such as chest tightness and wheezing in people with asthma; possible aggravation of heart or lung disease.</p>	

	<p>Active children and adults, and people with lung disease, such as asthma, should avoid prolonged or heavy outdoor exertion; everyone else, especially children, should reduce prolonged or heavy outdoor exertion.</p>	<p>People with heart or lung disease, older adults, and children should avoid prolonged or heavy exertion; everyone else should reduce prolonged or heavy exertion.</p>	<p>People with heart disease, such as angina, should limit moderate exertion and avoid sources of CO, such as heavy traffic.</p>	<p>Children, asthmatics, and people with heart or lung disease should limit outdoor exertion.</p>	<p>People with lung disease, such as asthma, children and older adults should avoid prolonged outdoor exertion. Everyone else should limit prolonged outdoor exertion.</p>
<p>Very Unhealthy</p>	<p>Increasingly severe symptoms and impaired breathing likely in active children and adults and people with lung disease, such as asthma; increasing likelihood of respiratory effects in general population.</p> <p>Active children and adults, and people with lung disease, such as asthma, should avoid all outdoor exertion; everyone else, especially children, should reduce outdoor exertion.</p>	<p>Significant aggravation of heart or lung disease and premature mortality in people with cardiopulmonary disease and older adults; significant increase in respiratory effects in general population.</p> <p>People with heart or lung disease, older adults, and children should avoid all physical activity outdoors. Everyone else should avoid prolonged or heavy exertion.</p>	<p>Significant aggravation of cardiovascular symptoms, such as chest pain, in people with heart disease.</p> <p>People with heart disease, such as angina, should avoid exertion and sources of CO, such as heavy traffic.</p>	<p>Significant increase in respiratory symptoms, such as wheezing and shortness of breath, in people with asthma; aggravation of heart or lung disease.</p> <p>Children, asthmatics, and people with heart or lung disease should avoid outdoor exertion; everyone else should reduce outdoor exertion.</p>	<p>People with lung disease, such as asthma, children and older adults should avoid all outdoor exertion. Everyone else should limit outdoor exertion.</p>
<p>Hazardous</p>	<p>Severe respiratory effects and impaired breathing likely in active children and adults and people with lung disease, such as asthma; increasingly severe respiratory effects likely in general population.</p> <p>Everyone should avoid all outdoor exertion.</p>	<p>Serious aggravation of heart or lung disease and premature mortality in people with cardiopulmonary disease and older adults; serious risk of respiratory effects in general population.</p> <p>Everyone should avoid all physical activity outdoors; people with heart or lung disease, older adults, and children should remain indoors and keep activity levels low.</p>	<p>Serious aggravation of cardiovascular symptoms, such as chest pain, in people with heart disease; impairment of strenuous activities in general population.</p> <p>People with heart disease, such as angina, should avoid exertion and sources of CO, such as heavy traffic; everyone else should limit heavy exertion.</p>	<p>Severe respiratory symptoms, such as wheezing and shortness of breath, in people with asthma; increased aggravation of heart or lung disease; possible respiratory effects in general population.</p> <p>Children, asthmatics, and people with heart or lung disease should remain indoors; everyone else should avoid outdoor exertion.</p>	<p>No cautionary statements are currently available.</p>