

AQI Family Quick Card

Use the number, color, primary pollutant, and update time together. Conditions can change quickly during wildfire smoke.

0-50	Good	Outdoor air is generally satisfactory. Continue checking if smoke is nearby or conditions are changing.
51-100	Moderate	Most people can continue normal activity. People who are unusually sensitive should watch for symptoms and reduce exposure if needed.
101-150	Unhealthy for Sensitive Groups	People at higher risk should reduce prolonged or heavy outdoor exertion, take more breaks, and move activities indoors when possible.
151-200	Unhealthy	Everyone should reduce prolonged or heavy outdoor activity. Higher-risk people should avoid it and use cleaner indoor air.
201-300	Very Unhealthy	Everyone should avoid prolonged or heavy outdoor activity. Keep indoor air cleaner and follow local health guidance.
301+	Hazardous	Emergency conditions. Avoid outdoor activity, remain in a cleaner indoor space when safe, and follow official instructions.

Check these four details

- 1. **Current AQI:** What the air is like now.
- 2. **Primary pollutant:** During wildfire smoke, PM2.5 is often the main concern, but ozone or another pollutant may drive the AQI.
- 3. **Last updated:** Use recent data because smoke can shift quickly.
- 4. **Forecast:** Plan tomorrow, then recheck current conditions before going outside.

During wildfire smoke

Use the **AirNow Fire and Smoke Map** for PM2.5, smoke plumes, fire locations, trends, and smoke outlooks where available.

Close windows when outdoor air is worse. Use recirculation and filtration. Avoid candles, incense, smoking, vaping, and heavy frying indoors.

A well-fitting NIOSH-approved N95 can reduce particle exposure outdoors, but it does not protect against gases and does not replace evacuation instructions.

Get medical help: Call 911 for severe trouble breathing, chest pain, fainting, confusion, or blue/gray lips or face. Follow local evacuation orders and emergency alerts.