

Actions to Protect Health – AQI Activity Recommendations

The health benefits of regular exercise and of spending time outdoors are well documented. This chart can help you provide balance between activity levels and air quality conditions – the more you know, the better you can act to protect health. The Air Quality Index (AQI) guidelines help to determine whether normal outdoor activity is a good choice, or if physical activity levels need to be modified to reduce exertion. Common sense is always your best guide.

Ozone Pollution: When ground-level ozone levels cause poor outdoor air quality, physical activity levels may need to be adjusted ... especially during the afternoon or early evening. Note that normal exercise intensity levels can be continued indoors in an air-conditioned facility when outdoor ozone levels are unhealthy.

Particle Pollution (PM2.5): When PM2.5 levels cause poor air quality, fine particle pollution will affect people similarly whether indoors or outdoors.

AQI Forecasts are a great information tool. When unhealthy AQI levels are predicted, use the **MIair** webpage to track real-time pollutant concentrations.

At www.michigan.gov/air, select the  icon for current AQI, monitor data, & more.

Air Quality Index & Descriptor	EPA Health Advisory Language for Ozone & Particle Pollution	ACTIVITY RECOMMENDATION			
		Short Duration (15 min)	Prolonged Exertion (1-hour)	Strenuous Activities i.e. Athletic Practice (2 to 4+ hours)	Scheduled Activities i.e. Sport Events
0-50 GOOD <i>green</i>	None.	No Restriction – a great day to be outdoors	No Restriction – a great day to be outdoors	No Restriction – a great day to be outdoors	No Restriction – a great day to be outdoors
51-100 MODERATE <i>yellow</i>	None for most people. Unusually sensitive people should consider limiting prolonged outdoor exertion.	No Restriction – a nice day to be outdoors	No Restriction – a nice day to be outdoors	Prolonged physical activity is fine for most people. Unusually sensitive individuals should limit intense physical activity.	Prolonged physical activity is fine for most people. Unusually sensitive individuals should limit intense physical activity.
101-150 UNHEALTHY FOR SENSITIVE GROUPS <i>orange</i>	All people should <u>limit</u> prolonged or heavy exertion. Sensitive groups should <u>reduce</u> prolonged or heavy outdoor exertion.	Short duration outdoor physical activity is okay. People with asthma or health issues need to be aware. Watch for symptoms and keep their quick relief medicine handy.	Outdoor physical activity is okay for most people; you may want to reduce intensity level. People with asthma or health issues need to be aware. Take breaks and reduce the intensity & duration of physical activity. Choose moderate outdoor activity or stay indoors.	Outdoor physical activity is okay for most people, but increase rest periods and frequency of team substitutions to lower breathing rates. People with asthma, respiratory or cardiovascular illness should be medically managing their condition.	Outdoor physical activity is okay for most people, but increase rest periods and frequency of team substitutions to lower breathing rates. People with asthma, respiratory or cardiovascular illness should be medically managing their condition.
151-200 UNHEALTHY <i>red</i>	Everyone should <u>limit</u> prolonged outdoor exertion. Sensitive groups should <u>avoid</u> prolonged or heavy outdoor exertion.	Short duration outdoor activity is okay for most people, but watch for symptoms - coughing or shortness of breath. People with health issues should choose moderate outdoor activity or stay indoors.	<u>All</u> people should choose less strenuous physical activity; take breaks; reduce intensity & duration of activity. Watch for symptoms - coughing or shortness of breath. People with health issues should choose moderate outdoor activity or stay indoors.	Decrease the intensity level and duration of physical activities that last 2 hours or more. Increase rest periods and team substitutions to lower breathing rates. People with asthma should follow their asthma action plan and keep their quick relief medicine handy.	Consideration should be given to rescheduling or relocating physically strenuous outdoor events or activities.
201-300 VERY UNHEALTHY <i>purple</i>	Everyone should <u>limit</u> outdoor exertion. Sensitive groups should <u>avoid</u> <u>all</u> outdoor exertion.	Restrict outdoor physical activity level to light-to-moderate exercise, or move indoors.	Restrict outdoor activities to light-to-moderate exercise not to exceed one hour, or move indoors.	Sustained rigorous exercise for more than one hour should be rescheduled, moved indoors, or discontinued.	Physically strenuous outdoor events or activities should be rescheduled or relocated.

Sensitive Groups includes people with heart disease or lung disease, such as asthma; children; older adults; and people who are extremely active outdoors. People sensitive to air pollution should avoid prolonged, strenuous work or exercise when air pollution is elevated. Consult your doctor for specific health advice.