

AIR QUALITY INDEX	Particulate Matter (PM) 2.5 Guidelines for Everyone: Modifying Indoor and Outdoor Activities
Green: Good (0 - 50)	<ul style="list-style-type: none"> Everyone can enjoy being outside.
Yellow: Moderate (51 - 100)	<ul style="list-style-type: none"> Most everyone can enjoy being outside. For those who are unusually sensitive* to fine particles from wildfire smoke, monitor for symptoms** and consider making outdoor activities shorter and less intense.
Orange: Unhealthy for Sensitive Groups (101 - 150)	<ul style="list-style-type: none"> People living with lung and heart disease, adults aged 60+, pregnant people and children should make outdoor activities shorter and less intense. Prevent smoke from entering homes by closing windows and minimizing the opening of outside doors. If HVAC systems are not equipped with MERV 13 filters or higher, use portable air cleaners to maintain good indoor air quality. If possible, close the outdoor air intake on air conditioners.
Red: Unhealthy for Everyone (151 - 200)	<ul style="list-style-type: none"> Everyone should reduce long or intense outdoor activities. People living with lung and heart disease, adults aged 60+, pregnant people and children are recommended to seek cleaner air indoors. Prevent smoke from entering homes by closing windows and minimizing the opening of outside doors. If HVAC systems are not equipped with MERV 13 filters or higher, use portable air cleaners to maintain good indoor air quality. If possible, close the outdoor air intake on air conditioners. Masks*** are recommended for children, pregnant people and other sensitive people while outdoors.
Purple: Very Unhealthy (201 - 300)	<ul style="list-style-type: none"> Everyone should avoid long or intense outdoor activities and reschedule or move all outdoor activities indoors, if possible. People living with lung and heart disease, adults aged 60+, pregnant people and children are recommended to seek cleaner air indoors and keep activity levels low. Prevent smoke from entering homes by closing windows and minimizing the opening of outside doors. If HVAC systems are not equipped with MERV 13 filters or higher, use portable air cleaners to maintain good indoor air quality. If possible, close the outdoor air intake on air conditioners. Create clean-air rooms where children and other sensitive people can stay and be further evaluated if needed. Masks*** are recommended for all people if they must be outside. If you are unable to stay inside your own house, you are recommended to seek a temporary shelter location that has clean indoor air.
Maroon: Hazardous (300+)	<ul style="list-style-type: none"> Everyone should seek cleaner air indoors and keep activity levels low. Prevent smoke from entering homes by closing windows and minimizing the opening of outside doors. If HVAC systems are not equipped with MERV 13 filters or higher, use portable air cleaners to maintain good indoor air quality. If possible, close the outdoor air intake on air conditioners. Create clean-air rooms where children and other sensitive populations can stay and be further evaluated if needed. Masks*** are recommended for all people if they must be outside. If you are unable to stay inside your own house, you are recommended to seek a temporary shelter location that has clean indoor air.
<p>*Unusually sensitive may include those with asthma, other respiratory conditions or heart conditions. **Symptoms could include wheezing, coughing, chest tightness, dizziness or burning in nose, throat and eyes. ***Masks: During a wildfire smoke event, the best place to be is inside with good air quality. If you cannot avoid wildfire smoke, use an N95 or P100 respirator marked with "NIOSH." The respirator should fit tightly, collapse as you breathe in and not let air in from the sides. If N95 or P100 respirators are not available or do not fit well, properly selected KN95 and KF94 respirators also filter particulate matter. Medical or surgical masks are the least effective option and should only be used as a last resort. Cloth, paper masks and tissues will not filter out wildfire smoke. Do not use masks for children under age 2.</p>	

Download EPA's AirNow app or visit [AirNow.gov](https://www.airnow.gov) to learn more and be aware of air quality alerts in your community.

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