

Ground-Level Ozone

Air Quality	Air Quality Index	Health Advisory for Ground-Level Ozone
Good	0 - 50	The air quality is good and you can engage in outdoor physical activity without health concerns.
Moderate	51 - 100	At this level the air is probably safe for most people. However, some people are unusually sensitive and react to ozone in this range, especially at the higher levels (in the 80s and 90s). People with heart and lung diseases such as asthma, and children, are especially susceptible. People in these categories, or people who develop symptoms when they exercise at "yellow" ozone levels, should consider avoiding prolonged outdoor exertion during the late afternoon or early evening when the ozone is at its highest.
Unhealthy for Sensitive Groups	101 - 150	In this range the outdoor air is more likely to be unhealthy for more people. Children, people who are sensitive to ozone, and people with heart or lung disease should limit prolonged outdoor exertion during the late afternoon or early evening when ozone levels are highest.
Unhealthy to very unhealthy	Above 150	In this range even more people will be affected by ozone. Most people should restrict their outdoor exertion to morning or late evening hours when the ozone is low, to avoid high ozone exposures.