

AQMD AIR QUALITY **Flag** PROGRAM



 <p>Good 0-50</p>	<p>Clean air, have fun! No limitations.</p> 
 <p>Moderate 51-100</p>	<p>The air is okay, but not the best for everyone. If you need to, just play easy. Sensitive people should consider reducing prolonged or heavy exertion outdoors.</p>
 <p>Unhealthy for Sensitive Groups 101-150</p>	<p>Don't stay outside too long or play too hard. Active children and adults, and people with lung disease, such as asthma, should avoid prolonged or heavy exertion outdoors.</p>
 <p>Unhealthy 151-200</p>	<p>It's best to stay indoors, but if you have to be outside, just relax and take it easy. Active children and adults, and people with lung disease, such as asthma, should avoid heavy exertion outdoors. Everyone else, especially children, should avoid prolonged or heavy exertion outdoors.</p>
 <p>Very Unhealthy 201-300</p>	<p>Time to stay indoors. Active children and adults, and people with lung disease, such as asthma, should avoid all exertion outdoors. Everyone else, especially children, should avoid prolonged or heavy exertion outdoors.</p>

South Coast Air Quality Management District

Cleaning the air that we breathe...™

Visit us at www.aqmd.gov or call 1-800-CUT-SMOG.