

<b>Air Quality Category</b>	<b>Air Quality Index</b>	<b>Visibility</b>	<b>Precautions to Take</b>
<b>Good</b>	<b>0 – 50</b>	<b>10+ miles</b>	None
<b>Moderate</b>	<b>51 – 100</b>	<b>6 to 9 miles</b>	Unusually sensitive people should consider reducing prolonged or heavy exertion.
<b>Unhealthy for Sensitive Groups</b>	<b>101 – 150</b>	<b>3 to 5 miles</b>	People with heart or lung disease, older adults and children should reduce prolonged or heavy exertion.
<b>Unhealthy</b>	<b>151 – 200</b>	<b>1.5 to 2.5 miles</b>	People with heart or lung disease, older adults and children should avoid prolonged or heavy exertion. Everyone else should limit prolonged or heavy exertion.
<b>Very Unhealthy</b>	<b>201 – 300</b>	<b>0.9 to 1.4 miles</b>	People with heart or lung disease, older adults and children should avoid any outdoor activity. Everyone else should reduce prolonged or heavy exertion.
<b>Hazardous</b>	<b>301 – 500</b>	<b>0.8 miles or less</b>	Everyone should avoid any outdoor exertion. People with heart or lung disease, older adults and children should remain indoors.