



Actions to Protect Health – AQI Activity Recommendations

The health benefits of regular exercise and of spending time outdoors are well documented. When poor outdoor air quality is caused by ground-level **ozone** pollution, physical activity levels may need to be adjusted in the afternoon or early evening. Exercise can be continued in an air-conditioned facility when outdoor levels are unhealthy. When **particle pollution** (PM2.5) causes poor air quality, indoor and outdoor air quality is usually the same.

AQI forecasts are a great tool. When unhealthy air is forecast, use the **MIair** webpage to see the real-time pollutant concentrations. This will help you determine whether normal outdoor activity is a good choice, or if you need to modify activity levels to reduce exertion. Common sense is your best guide.

Air Quality Level	Air Quality Index	Health Advisory for Particle Pollution & Ozone	ACTIVITY RECOMMENDATION			
			Short Duration (15 min)	Prolonged Exertion (1 hr)	Strenuous Activities i.e. Athletic Practice (2 to 4+ hrs)	Scheduled Activities i.e. Sport Events
GOOD <i>green</i>	0-50	None	No Restrictions	No Restrictions	No Restrictions	No Restrictions
MODERATE <i>yellow</i>	51-100	Unusually sensitive people should consider limiting prolonged outdoor exertion.	No Restrictions	No Restrictions	Exceptionally sensitive individuals should limit intense physical activities.	Exceptionally sensitive individuals should limit intense physical activities.
UNHEALTHY FOR SENSITIVE GROUPS <i>orange</i>	101-150	People with heart disease or lung disease, such as asthma; children; older adults; and people who are extremely active outdoors should reduce prolonged outdoor exertion.	Engage in quiet outdoor activity -or- make indoor space available for people with asthma or other respiratory problems.	Engage in quiet outdoor activity -or- make indoor space available for people with asthma or other respiratory problems.	Individuals with asthma or other respiratory/ cardiovascular illness should be medically managing their condition. Increase rest periods and substitutions to lower breathing rates.	Individuals with asthma or other respiratory/ cardiovascular illness should be medically managing their condition. Increase rest periods and substitutions to lower breathing rates.
UNHEALTHY <i>red</i>	151-200	People with heart disease or lung disease, such as asthma; children; and older adults should avoid prolonged or heavy outdoor exertion. Everyone else should reduce prolonged outdoor exertion.	Anyone who complains of difficulty breathing, or has asthma or other respiratory problems, should stay indoors.	Anyone who complains of difficulty breathing, or has asthma or other respiratory problems, should stay indoors.	Activities over 2 hours should decrease intensity level and duration. Increase rest periods and substitutions to lower breathing rates.	Consideration should be given to rescheduling or relocating the event or activity.
VERY UNHEALTHY <i>purple</i>	201-300	People with heart disease or lung disease, such as asthma; children; and older adults should avoid outdoor physical activity and exertion. All others should avoid prolonged or heavy exertion.	Restrict outdoor activities to light to moderate exercise.	Restrict outdoor activities to light to moderate exercise not to exceed one hour.	Sustained rigorous exercise for more than one hour should be rescheduled, moved indoors, or discontinued.	Event should be rescheduled or relocated.

People sensitive to air pollution should avoid prolonged, strenuous work or exercise when air pollution is elevated. Consult your doctor for specific health advice.



Visit the AIR webpage: www.michigan.gov/air Select the  icon for current AQI, monitor data, & more.