



Air Quality Index

With wildfires growing more frequent and intense across North America, monitoring air quality is more crucial than ever. Smoke and fine particles can travel vast distances, posing serious health risks. The Air Quality Index (AQI) has become a vital tool for understanding pollution levels and protecting yourself and your loved ones from harmful air.

Where to Check AQI

The AQI is a tool used to communicate how safe or unhealthy the air is to breathe on any given day. It simplifies complex air pollution data into a single number and color-coded scale, making it easier for the public to understand. The AQI ranges from 0 to 500, with lower numbers indicating cleaner air and higher numbers representing more polluted air. You can find the daily AQI on [AirNow.gov](https://airnow.gov), most weather apps, and state and local agency websites.

Understanding the UV Index

Exposure Category	AQI Levels	Recommended Precautions
Good	0-50	This air quality is satisfactory, and air pollution poses little or no risk. Special precautions are typically unnecessary at this level.
Moderate	51-100	This air quality is acceptable. However, there may be a risk for those with a sensitivity to air pollution. Sensitive individuals may want to limit prolonged outdoor exposure.
Unhealthy for sensitive groups	101-150	Members of sensitive groups are encouraged to make outdoor activities shorter and less intense. The general public is unlikely to be affected.
Unhealthy	151-200	Some individuals may experience health effects, with sensitive groups potentially facing more serious impacts. It is recommended to limit prolonged or strenuous outdoor activities.
Very Unhealthy	201-300	The risk of health effects is increased for everyone. Consider rescheduling or moving activities indoors.
Hazardous	301+	This is considered a health emergency for everyone. Avoid all physical activity outdoors.

Source: United States Environmental Protection Agency

For more information about air quality and how to protect yourself, speak to your doctor or qualified health professional.

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