

Outdoor Air Quality Health Recommendations Based on Air Quality Index

Poor air quality can harm your health. Depending on your sensitivity to poor air quality, you may want to change what you do outdoors when the air quality changes. Follow these recommendations:

- o Monitor New York City alerts and news reports, and check airnow.gov for the current Air Quality Index (AQI).
- o The chance of being affected by poor air quality increases with more strenuous (intense) outdoor physical activity and longer time outside without breaks.
- o Listen to your body — if you are feeling the effects from poor air quality, go indoors.
- o Individuals sensitive to poor air quality include people with heart or respiratory conditions (including asthma), people who are immunocompromised, pregnant people, and people age 65 and older. Children (especially young children) are more vulnerable to poor air quality than healthy adults. Children sensitive to poor air quality include those with heart or respiratory conditions (including asthma) or who are immunocompromised. These individuals should follow health care provider recommendations.
- o High-quality masks (N95 or KN95) can reduce exposure to air pollution when worn correctly by people age 2 and older. People with health conditions should follow their provider’s recommendations on wearing a mask when the AQI is high.

AQI	Level	General Public
0 to 50	Good	A great day to be active outside.
51 to 100	Moderate	A good day to be active outside. Sensitive individuals may experience increased symptoms and should be aware and follow routine precautions to manage existing conditions.
101 to 150	Unhealthy for Sensitive Individuals	The risk of air quality-related health impacts from outdoor activities remains low for healthy people. If your eyes are watering, your throat is sore, you have a headache, or you are out of breath or coughing during outdoor activities, take a break and go indoors. Sensitive individuals should follow management plans for their health conditions, be alert for any symptoms during outdoor activities, and avoid strenuous and prolonged (more than one hour) outdoor activities.
151 to 200	Unhealthy	All New Yorkers should limit strenuous and prolonged (more than one hour) outdoor activities. Sensitive individuals should avoid unnecessary outdoor activities. Consider rescheduling or moving indoors any outdoor event expected to last more than one hour.
201 to 300	Very Unhealthy	Reschedule or move all unnecessary activities indoors. All New Yorkers should avoid strenuous and prolonged (more than one hour) outdoor activities.
Greater than 300	Hazardous	All New Yorkers should avoid unnecessary outdoor activities.

For more information, visit nyc.gov/health and search for **air quality**.

