

## Pollutant-Specific Cautionary Statements for the Air Quality Index (AQI)

AQI Category	Ozone (O <sub>3</sub> )	Fine Particles (PM <sub>2.5</sub> )	Carbon Monoxide (CO)	Sulfur Dioxide (SO <sub>2</sub> )
<b>Good</b>	None	None	None	None
<b>Moderate</b>	Unusually sensitive individuals should consider limiting prolonged outdoor exertion.	Unusually sensitive people should consider reducing prolonged or heavy exertion.	None	None
<b>Unhealthy for Sensitive Groups</b>	Active children and adults, and people with respiratory disease, such as asthma, should limit prolonged outdoor exertion.	People with respiratory or heart disease, the elderly and children should limit prolonged exertion.	People with cardiovascular disease, such as angina, should limit heavy exertion and avoid sources of CO, such as heavy traffic.	People with asthma should consider reducing exertion outdoors.
<b>Unhealthy</b>	Active children and adults, and people with respiratory disease, such as asthma, should avoid prolonged outdoor exertion; everyone else, especially children, should limit prolonged outdoor exertion.	People with respiratory or heart disease, the elderly and children should avoid prolonged exertion; everyone else should limit prolonged exertion.	People with cardiovascular disease, such as angina, should limit moderate exertion and avoid sources of CO, such as heavy traffic.	Children, asthmatics, and people with heart or lung disease should reduce exertion outdoors.
<b>Very Unhealthy</b>	Active children and adults, and people with respiratory disease, such as asthma, should avoid all outdoor exertion; everyone else, especially children, should limit outdoor exertion.	People with respiratory or heart disease, the elderly and children should avoid any outdoor activity; everyone else should avoid prolonged exertion.	People with cardiovascular disease, such as angina, should avoid exertion and sources of CO, such as heavy traffic.	Children, asthmatics, and people with heart or lung disease should avoid outdoor exertion. Everyone else should reduce exertion outdoors.
<b>Hazardous</b>	Everyone should avoid all outdoor exertion.	Everyone should avoid any outdoor exertion; people with respiratory or heart disease, the elderly and children should remain indoors.	People with cardiovascular disease, such as angina, should avoid exertion and sources of CO, such as heavy traffic; everyone else should limit heavy exertion.	Children, asthmatics, and people with heart or lung disease should remain indoors. Everyone else should avoid exertion outdoors.