

# Washington Air Quality Guide for Particle Pollution

Check current and forecast conditions at [enviwa.ecology.wa.gov](http://enviwa.ecology.wa.gov)

Vehicle exhaust, woodstove emissions, industrial emissions, wildfire smoke, windblown dust, and other sources contain fine particles with diameters 2.5 micrometers or smaller (PM2.5) that can be dangerous to your health.

**The Air Quality Index (AQI) reports the level of air quality and health concern across six categories:**

Air Quality Index	What Should I Do?
<b>Good</b> 0–50	 It's a great day to be active outside and a good time to make a plan if worse air quality is in the forecast.
<b>Moderate</b> 51–100	 Some people are especially sensitive to lower levels of particle pollution and should reduce exposure. For example, limit time outside and avoid strenuous outdoor activity. All sensitive groups should watch for symptoms.
<b>Unhealthy for Sensitive Groups</b> 101–150	 Sensitive groups should take steps to reduce exposure. Limit time outside, avoid strenuous outdoor activity, and follow tips for cleaner indoor air. Everyone should watch for symptoms as a sign to reduce exposure.
<b>Unhealthy</b> 151–200	 Everyone should reduce exposure. Limit time outside, avoid strenuous outdoor activity, and follow tips for cleaner indoor air.
<b>Very Unhealthy</b> 201–300	 Everyone should reduce exposure. Stay inside and filter indoor air to keep it cleaner. Go elsewhere for cleaner air, if needed.
<b>Hazardous</b> >300	 Everyone should reduce exposure. Stay inside and filter indoor air to keep it cleaner. Go elsewhere for cleaner air, if needed.

## Know the symptoms!

- Burning eyes
- Coughing
- Throat and nose irritation
- Headaches
- Fatigue
- Wheezing and shortness of breath
- Irregular heartbeat
- Chest pain



**If your symptoms become serious, seek medical attention. High exposure to PM2.5 can lead to hospitalizations and increase the risk of death.**

*See back page for steps to reduce exposure and a list of sensitive groups with increased risk.*

For information on wildfire smoke and protecting health, go to [doh.wa.gov/smokefromfires](http://doh.wa.gov/smokefromfires).

For information on wildfire smoke and outdoor worker safety, see [WA State Department of Labor and Industries requirements](http://WA State Department of Labor and Industries requirements).

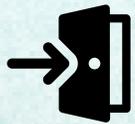
# Steps to Reduce Exposure



**Limit duration and intensity of outside physical activity.**



**Stay inside with cleaner indoor air:**



Close windows and doors, unless it is too hot to maintain safe temperatures.



Don't add to indoor air pollution, such as cigarette smoking or burning candles.



Filter indoor air through an HVAC system, HEPA portable air cleaner, or DIY box fan filter.



Set air conditioning to recirculate.



**If unable to maintain clean air at home, go elsewhere for cleaner air such as a friend's place, public space, or unimpacted area.**



**If you must be outside, wear a properly fitted, NIOSH-approved particulate respirator, such as an N95 mask.**



## **Sensitive Groups with Increased Risk**

- › People with health conditions
  - » Lung diseases, such as asthma and COPD
  - » Heart diseases
  - » Respiratory illnesses
  - » Diabetes
- › People 18 and younger or older than 65
- › Pregnant people
- › Outdoor workers
- › People of color
- › Tribal and indigenous people
- › People with low income



DOH 821-174  
April 2022

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