

Outdoor air quality and suggested advisory content

AQI	Interpretation	Affects whom?	Suggested advisory content
0-50	Good	Good for everyone	Advisory not required
51-100	Satisfactory	Although good to most, can affect those who are unusually sensitive to particle pollution.	Advisory to include that air quality is changing and sensitive individuals be aware to the situation. Ok to be active outdoors.
101-150	Moderate (unhealthy for sensitive groups)	People with heart or lung disease, older adults, and children.	Mention that sensitive individuals <i>consider reducing</i> exertion and watch for symptoms like coughing, shortness of breath etc. Ok to be outdoors.
151-200	Unhealthy	Everyone	Sensitive individuals <i>avoid</i> heavy exertion and consider being indoors or reschedule outdoor activities. If outdoors, use of N-95 mask helps. Everyone else to <i>reduce</i> heavy exertion and if outdoors, take more breaks during activities. If outdoors, consider use of N-95 mask.
201-300	Very unhealthy	Everyone	Sensitive individuals to <i>avoid</i> all physical activity outdoors and move activities indoors or reschedule to a time when air quality improves. Work from home. If outdoors, use of N-95 mask helps. Everyone else to avoid heavy exertion and <i>consider</i> moving activities indoors or rescheduling to a time when air quality improves. In outdoors, consider use of N-95 mask.
301-500	Extremely unhealthy	Everyone	Everyone to avoid all physical activity outdoors. Work from home. If outdoors, use of N-95 mask helps Sensitive groups to remain indoors and keep activity levels low. Follow tips for keeping particle levels low indoors. Work from home. Do not go out unless necessary. If outdoors, use of N-95 mask helps.

The column on 'Suggested advisory content' is a work by Dr Ajay Sati, founder of www.occupationist.com