



Washington Air Quality Advisory for Smoke and Other Fine Particle Air Pollution

Air Pollution Category	Meaning	Precautions to Take
Good	Air pollution is minimal and there is little health risk.	None.
Moderate	People with asthma, respiratory infection, diabetes, lung or heart disease, or have had a stroke may begin to have breathing problems.	People with asthma, respiratory infection, diabetes, lung or heart disease, or have had a stroke should limit outdoor activities or do activities that take less effort, such as walking instead of running.
Unhealthy for Sensitive Groups	More people than average may have breathing problems or have worsened symptoms of existing asthma or lung disease.	Sensitive groups include people with heart or lung disease, asthma, diabetes, infants, children, adults older than 65, pregnant women, or who have had a stroke. These people should limit time spent outdoors.
Unhealthy	Many more people than average may have breathing problems or have worsened symptoms of existing lung or heart disease.	Everyone should limit time spent outdoors. Everyone should avoid exercising outdoors (including sports teams) and choose non-strenuous indoor activities. People with asthma, respiratory infection, diabetes, lung or heart disease, or have had a stroke should stay indoors. Infants, children, pregnant women and adults over age 65 should also stay indoors.
Very Unhealthy	Some healthy people can have breathing problems. People with asthma, lung and heart disease have an increased risk of symptoms or worsening of their disease. Studies show the number of people hospitalized for lung diseases can be 50 percent more than normal.	<p>Everyone should stay indoors, do only light activities, and keep windows closed if it is not too hot. Run air conditioners on re-circulate and close the outside air intake. Use indoor air cleaners with HEPA filters, if available. If you must be outdoors, wear an N-95 respirator mask. People with chronic diseases should check with their health care provider before wearing a mask.</p> <p>Check with your local health department for health information. People with asthma, lung and heart disease, or have had a stroke should check with their health care provider for advice about leaving the area. Anyone with shortness of breath, wheezing, chest pain, heart palpitations, extreme fatigue, or difficulty moving or speaking should call their health care provider or call 911.</p>
Hazardous	More healthy people are likely to have breathing problems. The people most susceptible are those with asthma or lung disease, diabetes, have had a stroke, infants, children, pregnant women, and adults older than 65. Studies suggest more people with asthma, lung or heart disease need medical attention.	<p>Everyone should stay indoors, do only light activities, and keep windows closed if it is not too hot. Run air conditioners on re-circulate and close the outside air intake. Use indoor air cleaners with HEPA filters, if available. If you must be outdoors, wear an N-95 respirator mask. People with chronic diseases should check with their health care provider before wearing a mask.</p> <p>Check with your local health department for health information. People with asthma, lung and heart disease, or have had a stroke should check with their health care provider for advice about leaving the area. Anyone with shortness of breath, wheezing, chest pain, heart palpitations, extreme fatigue, or difficulty moving or speaking should call their health care provider or call 911.</p>

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