

AQI *at a* Glance

What Michigan Families Should Know

Wildfire smoke can travel hundreds of miles.
Here's what those AQI colors actually mean.



0-50
GOOD



Great day for:

- ✓ Parks
- ✓ Walks
- ✓ Sports
- ✓ Splash pads

No restrictions
for most people.

51-100
MODERATE



Most families can continue
normal activities.

Those with asthma or
other lung conditions
should pay attention
to symptoms.

101-150
**UNHEALTHY
FOR SENSITIVE
GROUPS**



Consider limiting prolonged outdoor play if you are:

- Children
- Pregnant
- Older adults
- Have asthma
- Heart or lung disease

Think about moving
practices indoors
if possible.

151-200
UNHEALTHY



Time to rethink the day.

- ✓ Limit strenuous outdoor activity
- ✓ Keep windows closed
- ✓ Run HVAC on recirculate
- ✓ Consider wearing a well-fitting N95 if you must be outside



201-300
**VERY
UNHEALTHY**



Stay indoors whenever possible.

Move practices, play dates
and workouts inside.



301+
HAZARDOUS



Avoid outdoor activity.

Follow local health
recommendations.



QUICK TIP

If you can smell smoke...
or the sky looks noticeably hazy...
**check the Air Quality Index
before heading outside.**



AirNow.gov

Your go-to source for
real-time air quality.