

24-Hour PM 2.5 ($\mu\text{g}/\text{m}^3$)	Air Quality Index Cautionary Statements	Air Quality Index Health Effects Statements	Air Quality Index Categories	Air Quality Index Levels
0 – 15.4	None	None	Good	0 - 50
15.5 – 35.4	Unusually sensitive people should consider reducing prolonged or heavy exertion.	None	Moderate	51 - 100
35.5 – 55.4	People with respiratory or heart disease, the elderly, and children should limit prolonged exertion.	Increasing likelihood of respiratory symptoms in sensitive individuals, aggravation of heart or lung disease and premature mortality in persons with cardiopulmonary disease, and the elderly.	Unhealthy for Sensitive Groups	101 - 150
55.5 – 150.4	People with respiratory or heart disease, the elderly, and children should avoid prolonged exertion; everyone else should limit prolonged exertion.	Increased aggravation of heart or lung disease and premature mortality in persons with cardiopulmonary disease and the elderly; increased respiratory effects in general population.	Unhealthy	151 - 200
150.5 – 250.4	People with respiratory or heart disease, the elderly, and children should avoid any outdoor activity; everyone else should avoid prolonged exertion.	Significant aggravation of heart or lung disease and premature mortality in persons with cardiopulmonary disease and the elderly; significant increase in respiratory effects in general population.	Very Unhealthy	201 - 300
Greater than 250.5	Everyone should avoid any outdoor exertion; people with respiratory or heart disease, the elderly, and children should remain indoors.	Serious aggravation of heart or lung disease and premature mortality in persons with cardiopulmonary disease and the elderly; serious risk of respiratory effects in general population.	Hazardous	Over 300