

EPA's Air Quality Index (AQI) for 24-hour Fine Particle Pollution (PM_{2.5})

24-hr PM _{2.5} (µg/m ³)	AQI Categories	AQI Values	AQI Cautionary Statements	AQI Health Effects Statements
0 – 12.0	Good	0 - 50	None	None
12.1 – 35.4	Moderate	51 - 100	Unusually sensitive people should consider reducing prolonged or heavy exertion.	Respiratory symptoms possible in unusually sensitive individuals, possible aggravation of heart or lung disease in people with cardiopulmonary disease and older adults.
35.5 – 55.4	Unhealthy for Sensitive Groups	101 - 150	People with heart or lung disease, older adults, and children should reduce prolonged or heavy exertion.	Increasing likelihood of respiratory symptoms in sensitive individuals, aggravation of heart or lung disease and premature mortality in people with cardiopulmonary disease and older adults.
55.5 – 150.4	Unhealthy	151 - 200	People with heart or lung disease, older adults, and children should avoid prolonged or heavy exertion; everyone else should reduce prolonged or heavy exertion.	Increased aggravation of heart or lung disease and premature mortality in people with cardiopulmonary disease and older adults; increased respiratory effects in general population.
150.5 – 250.4	Very Unhealthy	201 - 300	People with heart or lung disease, older adults, and children should avoid all physical activity outdoors. Everyone else should avoid prolonged or heavy exertion.	Significant aggravation of heart or lung disease and premature mortality in people with cardiopulmonary disease and older adults; significant increase in respiratory effects in general population.
Greater than 250.5	Hazardous	Over 300	Everyone should avoid all physical activity outdoors; people with heart or lung disease, older adults, and children should remain indoors and keep activity levels low.	Serious aggravation of heart or lung disease and premature mortality in people with cardiopulmonary disease and older adults; serious risk of respiratory effects in general population.

Who is “SENSITIVE” to PM_{2.5}? “People with heart or lung disease, older adults, children, and people of lower socioeconomic status are the groups most at risk.” Also at higher risk: **prenatal children** (low birth weight, pre-term birth, and IQ reduction), **diabetics**, and people with higher exposures such as **athletes** exposed during exercise.

Sources: <http://cleanairfairbanks.files.wordpress.com/2013/01/aqi-chart-for-pm-2-5-pollution-2013.pdf>

