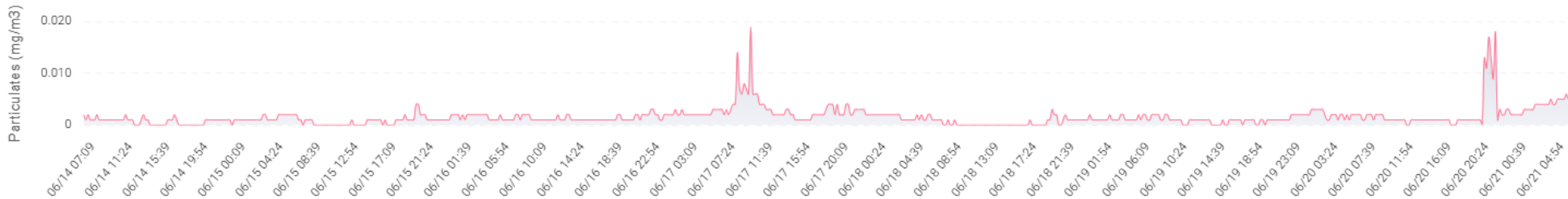


# Station 1

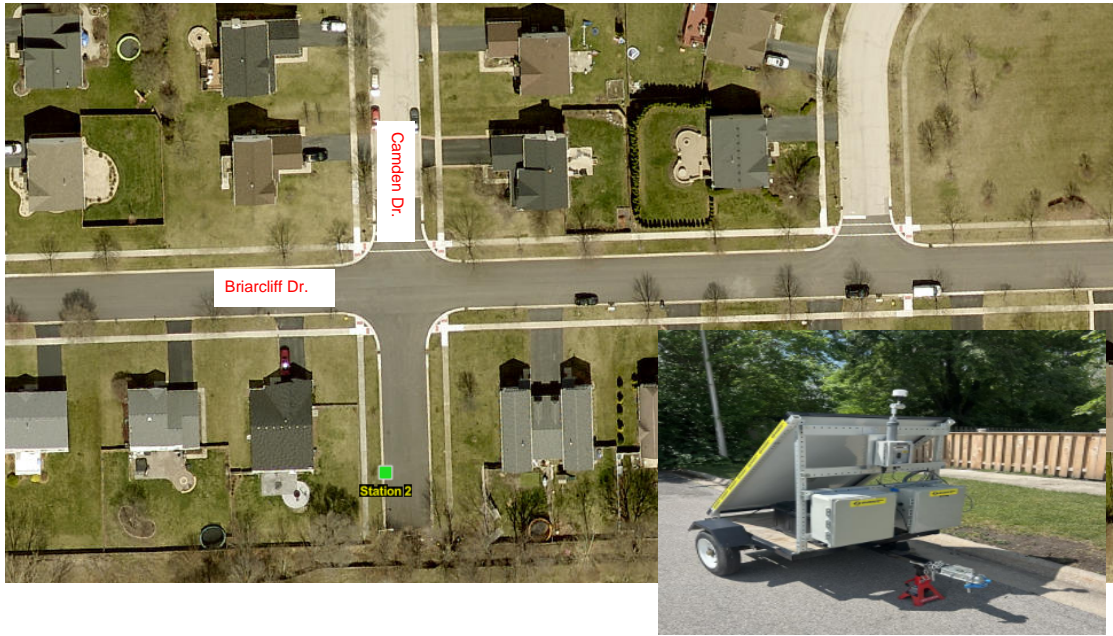
<b>Good</b> (0-50)	<b>0.000 - 0.050 mg/m<sup>3</sup></b>	It's a great day to be active outside.
<b>Moderate</b> (51-100)	<b>0.050 - 0.100 mg/m<sup>3</sup></b>	<p>Some people who may be unusually sensitive to particle pollution.</p> <p><b>Unusually sensitive people:</b> Consider making outdoor activities shorter and less intense. Watch for symptoms such as coughing or shortness of breath. These are signs to take it easier.</p> <p><b>Everyone else:</b> It's a good day to be active outside.</p>
<b>Unhealthy for Sensitive Groups</b> (101-150)	<b>0.101 - 0.150 mg/m<sup>3</sup></b>	<p>Sensitive groups include <b>people with heart or lung disease, older adults, children and teenagers, pregnant women, minority populations, and outdoor workers.</b></p> <p><b>Sensitive groups:</b> Make outdoor activities shorter and less intense. It's OK to be active outdoors, but take more breaks. Watch for symptoms such as coughing or shortness of breath.</p> <p><b>People with asthma:</b> Follow your asthma action plan and keep quick relief medicine handy.</p> <p><b>People with heart disease:</b> Symptoms such as palpitations, shortness of breath, or unusual fatigue may indicate a serious problem. If you have any of these, contact your health care provider.</p>



Particulates (15-Min Avg)



## Station 2



<b>Good</b> (0-50)	<b>0.000 - 0.050 mg/m3</b>	It's a great day to be active outside.
<b>Moderate</b> (51-100)	<b>0.050 - 0.100 mg/m3</b>	Some people who may be unusually sensitive to particle pollution.  <b>Unusually sensitive people:</b> Consider making outdoor activities shorter and less intense. Watch for symptoms such as coughing or shortness of breath. These are signs to take it easier.  <b>Everyone else:</b> It's a good day to be active outside.
<b>Unhealthy for Sensitive Groups</b> (101-150)	<b>0.101 - 0.150 mg/m3</b>	Sensitive groups include <b>people with heart or lung disease, older adults, children and teenagers, pregnant women, minority populations, and outdoor workers.</b>  <b>Sensitive groups:</b> Make outdoor activities shorter and less intense. It's OK to be active outdoors, but take more breaks. Watch for symptoms such as coughing or shortness of breath.  <b>People with asthma:</b> Follow your asthma action plan and keep quick relief medicine handy.  <b>People with heart disease:</b> Symptoms such as palpitations, shortness of breath, or unusual fatigue may indicate a serious problem. If you have any of these, contact your health care provider.

Particulates (15-Min Avg)

