Station 1

Good (0-50) 0.000 - 0.050 mg/m3	It's a great day to be active outside.	
Moderate (51-100) 0.050 - 0.100 mg/m3	Some people who may be unusually sensitive to particle pollution.	**Unusually sensitive people:** 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. **Everyone else:** It's a good day to be active outside.
Unhealthy for Sensitive Groups (101-150) 0.101 - 0.150 mg/m3	Sensitive groups include **people with heart or lung disease, older adults, children and teenagers, pregnant women, minority populations, and outdoor workers.**	**Sensitive groups:** 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. **People with asthma:** Follow your asthma action plan and keep quick relief medicine handy. **People with heart disease:** 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.



Time Period: 10/19 to 10/26 AM

