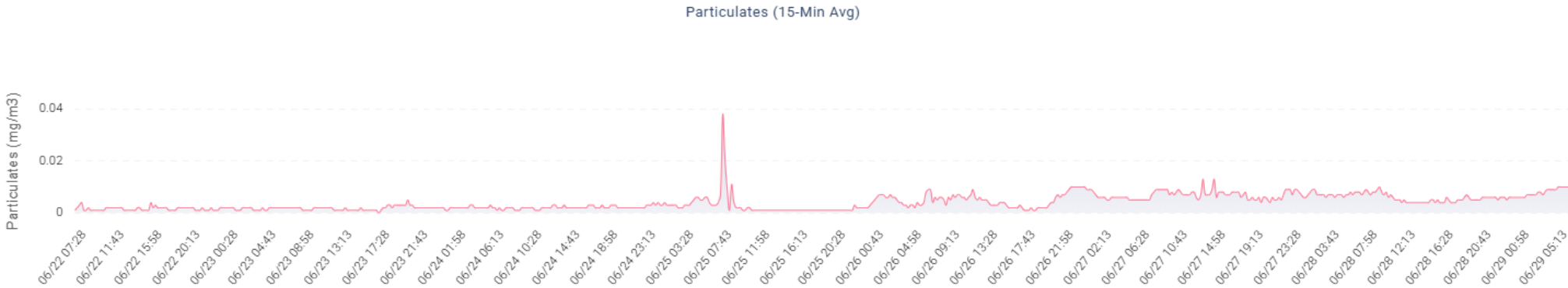
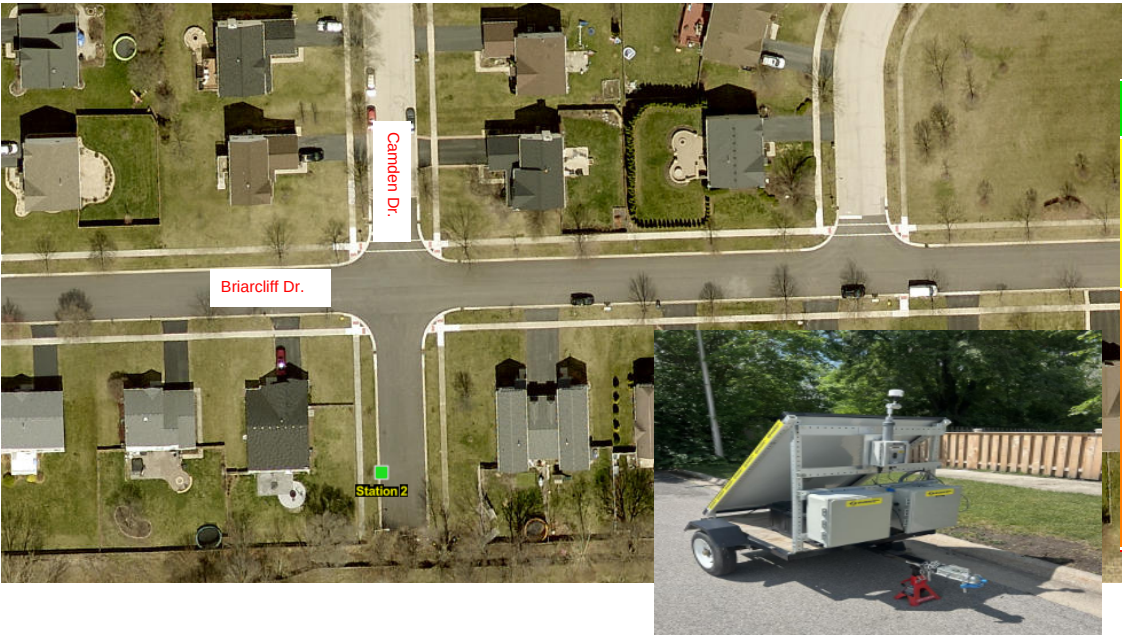


Station 1

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.



Station 2



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.

Particulates (Readings)

