

# WAQQA

# WASHINGTON AIR QUALITY ADVISORY

Check air quality conditions at [ecology.wa.gov/WAQA](http://ecology.wa.gov/WAQA)



## GOOD

Air pollution is so low so there is little health risk. It's a great day for everyone to enjoy the outdoors!



## MODERATE

People with health conditions should limit spending any time outdoors & avoid strenuous outdoor activities.

They may begin to have worsened symptoms.



## UNHEALTHY FOR SENSITIVE GROUPS

All of the above &:

All sensitive groups should limit spending any time outdoors. People with health conditions may have worsened symptoms. Healthy people may start to have symptoms.



## UNHEALTHY FOR EVERYONE

Everyone, especially sensitive groups, should limit time spent outdoors, avoid strenuous activities outdoors, & choose light indoor activities.



## VERY UNHEALTHY FOR EVERYONE

Everyone should stay indoors, avoid all strenuous activity, close windows & doors if it's not too hot, set your AC to recirculate, & use a HEPA air filter if possible.



## HAZARDOUS FOR EVERYONE

All of the above &:

People with heart or lung disease, or those who have had a stroke, should consult their healthcare provider about leaving the area & wearing a properly-fitted respiratory mask\* if they must go outdoors. Follow burn bans and evacuation orders.

## SENSITIVE GROUPS INCLUDE:

- People with health conditions such as:
  - Asthma, COPD, diabetes, & other heart/lung diseases
  - Respiratory illnesses & colds
  - Stroke survivors
- Children under 18 & adults over 65
- Pregnant women
- People who smoke

## KNOW THE SYMPTOMS:

- Watery or dry eyes
- Coughing/wheezing
- Throat & sinus irritation
- Phlegm
- Shortness of breath
- Headaches
- Irregular heartbeat
- Chest pain

If you are experiencing serious symptoms, seek immediate medical attention.

Air pollution from dust, vehicles, woodstoves, wildfires, & industries can seriously impact your health.

\*For more health information & how to choose the proper respiratory mask, visit [doh.wa.gov/smokefromfires](http://doh.wa.gov/smokefromfires).

