



AIR QUALITY WARNINGS AND RECOMMENDATIONS

The Air Quality Index (AQI) scale ranges from 0 to 500, depending on the level of pollution. High values mean increased health risks and pollutants in the air.

The following chart is based on the EPA's U.S. Air Quality Index (AQI).

Daily AQI Color	Levels of Concern	Values of Index	Description of Air Quality
Green	Good	0 to 50	Air quality is satisfactory, and air pollution poses little or no risk.
Yellow	Moderate	51 to 100	Air quality is acceptable. However, there may be a risk for some people, particularly those who are unusually sensitive to air pollution.
Orange	Unhealthy for Sensitive Groups	101 to 150	Members of sensitive groups may experience health effects. The general public is less likely to be affected.
Red	Unhealthy	151 to 200	Some members of the general public may experience health effects; members of sensitive groups may experience more serious health effects.
Purple	Very Unhealthy	201 to 300	Health alert: The risk of health effects is increased for everyone.
Maroon	Hazardous	301+	Health warning of emergency conditions: everyone is more likely to be affected.

Chart created by SEMCOG in July 2024.

How to Respond to Various Air Quality Index Levels

Moderate air quality: AQI 51- 100

- Everyone can enjoy being outside.
- For those sensitive to fine particles from wildfire smoke (i.e. folks with heart or lung conditions), consider making outdoor activities shorter and less intense.

Unhealthy for Sensitive Groups: AQI 101 – 150

- Everyone can enjoy being outside.
- People living with lung and heart disease, older adults aged 65+, pregnant people, and children should make activities shorter and less intense.

Unhealthy for Everyone: AQI 151 - 200

- Everyone should reduce long or intense activities outside.
- People living with lung and heart disease, older adults, pregnant people, and children are recommended to stay indoors, keep activity levels low, and keep indoor air clean with MERV-13 or better air filtration to prevent breathing harmful particles of wildfire smoke.
- If you must go outside, everyone is recommended to use an N95 mask. Surgical and cloth masks will not stop you from breathing in the fine particulate matter in wildfire smoke.
- If you are unable to stay inside your own house, you are recommended to seek a temporary shelter location that has clean indoor air.

Very Unhealthy for Everyone: AQI 201 – 300

- Includes previous recommendations PLUS everyone is recommended to avoid long or intense outdoor activities and reschedule or move all outdoor activities indoors if possible.

Hazardous for Everyone: AQI 301 – 500

- Includes previous recommendations PLUS everyone is recommended to stay indoors, keep activity levels low, and keep indoor air clean with MERV-13 or better air filtration to prevent breathing harmful particles of wildfire smoke.

Health Effects of Poor Air Quality from Wildfire Smoke

The health effects of particle pollution exposure from wildfire smoke can range from relatively minor (e.g., eye and respiratory tract irritation) to more serious health effects (e.g., exacerbation of asthma and heart failure, and premature death). Learn more: www.michigan.gov/wildfiresmokeandhealth

Additional Resources

Michigan Department of Health and Human Services (MDHHS) hotline for Michigan residents to ask health-related questions related to air quality issues: (800) 648-6942

Sign up for live updates from the JustAir sensors: <https://justair.app/>

Check out the air quality in your area: www.airnow.gov

Sign up for air quality alerts through EnviroFlash: <https://www.enviroflash.info/>

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