



Air Quality Index Levels of Health Concern	Numerical Value	Health Risks
Good	0-50	None expected.
Moderate	51-100	Unusually sensitive people should reduce prolonged or heavy exercise.
Unhealthy for Sensitive Groups	101-150	People with heart or lung disease, older adults, and children should reduce prolonged or heavy exercise.
Unhealthy	151-200	People with heart or lung disease, older adults, and children should reduce prolonged or heavy exercise. All others should reduce prolonged or heavy exercise.
Very Unhealthy	201-300	People with heart or lung disease, older adults, and children should avoid all outdoor physical activity. All others should avoid prolonged or heavy exercise.

Particles in the air can cause health problems or make existing health problems worse. People at highest risk are those with heart or lung disease, older adults, and children. Particles of most concern are the tiny “fine” particles that are so small they can only be seen through a special microscope.

Fine particles come from fuels used in power plants, motor vehicles, wood stoves, and heavy equipment. Indoor sources include tobacco smoke, wood stoves and fireplaces, and candles.

For more information, access the website of the Texas Commission on Environmental Quality (<http://www.tceq.gov.state.us>) or AIRNow, a U.S. government website that provides the public with easy access to air quality information (<http://airnow.gov>).