

www.SpareTheAir.com

Air quality affects everyone and vehicles cause 70% of our region's air pollution.

The Air Quality Index (AQI) reports daily air quality and health concerns using a color-coded scale.

- **Good** Good for everyone
- **Moderate** Unusually sensitive groups should consider limiting prolonged outdoor or heavy exertion
- **Unhealthy for Sensitive Groups** People with heart or lung disease, older adults, and children should reduced prolonged outdoor or heavy exertion
- **Unhealthy** Unhealthy for everyone, limit prolonged outdoor exertion
- **Very Unhealthy** Very unhealthy for everyone, avoid prolonged outdoor or heavy exertion
- **Hazardous** Everyone should avoid all physical activity outdoors

Visit www.sparetheair.com or call (916) 874-4801 for real-time regional AQI and ozone information.

Subscribe to e-mail or text notifications when air quality in the Sacramento region is forecast to be unhealthy.







