

Air Quality

Body & health

What the index measures, and what to do at each level.

Air Quality Index bands and the usual advice.

AQI	Level	Advice
0–50	Good	No restriction
51–100	Moderate	Sensitive groups take care
101–150	Unhealthy for sensitive	Reduce prolonged exertion
151–200	Unhealthy	Everyone reduces exertion
201–300	Very unhealthy	Stay indoors, filter air
301+	Hazardous	Avoid all outdoor activity

Indoors, cooking and candles raise PM2.5 sharply. Extractor fans and ventilation are the practical controls.