

## Washington Air Quality Advisory (WAQA)

The Washington Department of Ecology (Ecology) uses the Washington Air Quality Advisory (WAQA) to inform people about the health effects of air pollution. Ecology developed the WAQA to tell people when air quality is unhealthy so they can protect themselves. The WAQA is not a regulatory tool.

Category	Index Range	What This Means
<b>Good</b>	0-50	Air quality is good. No activity restrictions recommended.
<b>Moderate</b>	51-100	People with the following conditions may be sensitive to air pollution at this level and should consider limiting their outdoor activity: <ul style="list-style-type: none"> <li>those with lung and heart disease, diabetes, or a current respiratory infection</li> <li>those who have had a stroke</li> </ul>
<b>Unhealthy for Sensitive Groups</b>	101-150	The following people should limit outdoor activity: <ul style="list-style-type: none"> <li>those with lung and heart disease, diabetes, or a respiratory infection</li> <li>those who have had a stroke</li> <li>infants</li> <li>children</li> <li>adults older than 65</li> </ul>
<b>Unhealthy</b>	151-200	Everyone should try to limit their outdoor activity. The following people should stay indoors if possible: <ul style="list-style-type: none"> <li>those with lung and heart disease, diabetes, or a respiratory infection</li> <li>those who have had a stroke</li> <li>infants</li> <li>children</li> <li>adults older than 65</li> </ul>
<b>Very Unhealthy</b>	201-300	Everyone should try to stay indoors. The following people should limit their outdoor activity: <ul style="list-style-type: none"> <li>those with lung and heart disease, diabetes, or a current respiratory infection</li> <li>those who have had a stroke</li> </ul> Shut windows and doors if it is not too hot. Set air conditioners to "recirculate" if possible.
<b>Hazardous</b>	301-500	Everyone should try to stay indoors and limit their physical activity. Shut windows and doors. If it is too hot, set air conditioners to "recirculate" if possible. If windows and doors cannot be shut, consider leaving the area until air quality improves.

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*If you need this publication in another format, please contact the Air Quality Program at (360) 407-6800. If you have a hearing loss, call 711 for Washington Relay Service. If you have a speech disability, call 877-833-6341.*