

Air Quality and Outside Exercise

Apps to check Air Quality:

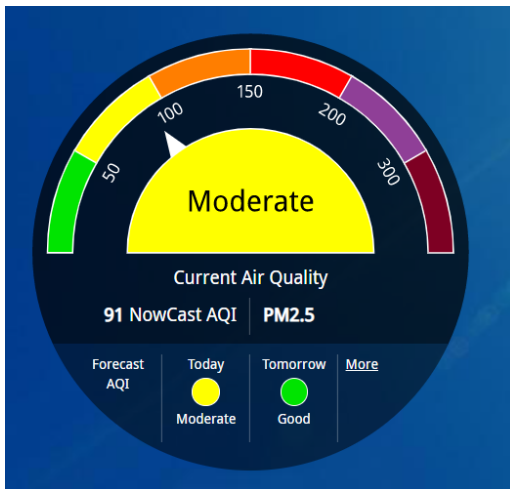
IQAir: <https://www.iqair.com/us/>

Purple Air: <https://www.purpleair.com/map?opt=1/mAQI/a10/cc0#11/38.5589/-121.423>

Websites:

AirNow: <https://www.airnow.gov/?city=Fair%20Oaks&state=CA&country=USA>

Spare the Air: <https://www.sparetheair.org/understanding-air-quality/reading-the-air-quality-index>



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 and higher	Health warning of emergency conditions: everyone is more likely to be affected.