



AIR QUALITY FORECAST AND ACTION GUIDE

Air Quality	Weather Conditions	Recommended Actions
Code Red Unhealthy	<ul style="list-style-type: none"> ● Hot (mid 90's to 100's), hazy and humid ● Stagnant air, little or no wind ● Little chance of rain ● Stationary high pressure system with sunny skies 	<p>When air quality reaches unhealthy levels:</p> <ul style="list-style-type: none"> ● Children and elderly individuals should reduce outdoor activities. ● Healthy individuals should limit strenuous outdoor work or exercise. ● Individuals with heart or respiratory ailments, emphysema, asthma, or chronic bronchitis should limit their outdoor activities. If breathing becomes difficult, move indoors. <p>When air quality is forecast to reach unhealthy levels, residents are strongly urged to:</p> <ul style="list-style-type: none"> ● Limit driving and, when possible, combine errands. ● Use area bus and rail lines, or share a ride to work. ● Avoid mowing lawns with gasoline-powered mowers. ● Refuel cars after dusk.
Code Orange Approaching Unhealthy	<ul style="list-style-type: none"> ● Temperatures in the upper 80's to low 90's ● Light winds ● Slow-moving high pressure system with sunny skies 	<p>When air quality approaches unhealthy levels, residents are urged to:</p> <ul style="list-style-type: none"> ● Refuel cars after dusk to limit daytime pollution releases. ● Avoid mowing lawns with gasoline-powered mowers. ● Share a ride or drive only their newest, best maintained vehicle.
Code Yellow Moderate	<ul style="list-style-type: none"> ● Mild summer temperatures (upper 70's to mid 80's) ● Light to moderate winds (15 knots or less) ● High pressure system with partly cloudy or sunny skies 	<p>When air quality is in the moderate range, residents should:</p> <ul style="list-style-type: none"> ● Consolidate trips and errands. ● Limit idling when possible. ● Conserve electricity and set air conditioners to 78° F.
Code Green Good	<ul style="list-style-type: none"> ● Cool summer temperatures (mid 70's to low 80's) ● Windy conditions (15-20 knots or higher) ● Heavy or steady rain ● Passing cold front carries pollution out of area 	<p>Throughout the ozone smog season (May through September), residents should make an extra effort to:</p> <ul style="list-style-type: none"> ● Carpool, use transit, bike or walk when possible. ● Keep cars and boats tuned-up. ● Use environmentally safe paints and cleaning products.

Air Quality Hotline (202) 962-3299