



Air Quality Guide for Particle Pollution

AQI Levels of Concern: Good; AQI Value: 0-50

Air quality is good. It's a great day to be active outside.

AQI Levels of Concern: Moderate; AQI Value: 51-100

Air quality is acceptable for most people. Some people who may be unusually sensitive to particle pollution (e.g. people with lung and heart disease) may be affected. Consider making outdoor activities shorter and less intense. Watch for coughing or shortness of breath. These are signs to take it easier.

AQI Levels of Concern: Unhealthy; AQI Value: 151-200 HEALTH ADVISORY TO CAMPUS COMMUNITY

Sensitive (at-risk) groups, people with heart or lung disease, older adults, children and teens, minority populations and outdoor workers may be affected. Make outdoor activities shorter and less intense. It's OK to be active outdoors, but take more breaks. Symptoms such as palpitations, coughing, shortness of breath, or unusual fatigue may indicate a serious problem. If you have any of these, contact your healthcare provider.

Outdoor Workers, Classes, Research and Volunteers - Workers in sensitive groups should make outdoor activities shorter and less intense. Consider voluntary use of N95 respirators.

Athletics & Outdoor Recreation: Medical athletic and outdoor recreation staff should consult with individuals who fall into the sensitive groups. Consider removing sensitive athletes from outdoor practice or competition venues and should closely monitor all athletes for respiratory difficulty. Reduce heavy or prolonged exertion in sensitive individuals.

Outdoor Camps/Events: At the higher end of range, consider moving activities indoors.

AQI Levels of Concern: Very Unhealthy; AQI Value: 201-300 HEALTH ALERT TO CAMPUS COMMUNITY

Health alert: The risk of health effects is increased for everyone. Sensitive groups: Avoid all physical activity outdoors. Reschedule to a time when air quality is better or move activities indoors. Everyone else: Avoid long or intense activities. Consider rescheduling or moving activities indoors.

Outdoor Workers, Classes, Research and Volunteers: Suspend outdoor work, unless absolutely necessary. Provide N-95 respirators for voluntary use.

Athletics & Outdoor Recreation: Outdoor athletic activities should be moved indoors or delayed, postponed, or relocated. Cancel or move outdoor recreational activities indoors.

Outdoor Camps/Events: Cancel outdoor events involving activity (e.g., sports). Consider cancellation of outdoor events that do not involve activity (e.g., concerts). Cancel outdoor camp activities."

AQI Levels of Concern: Hazardous; AQI Value: 301-500 HEALTH WARNING TO CAMPUS COMMUNITY

Health warning: Everyone is more likely to be affected by the air quality. Avoid all physical activity outdoors. Sensitive groups should remain indoors and keep activity levels low.

Outdoor Workers, Classes, Research and Volunteers: Suspend outdoor work, unless absolutely necessary. Provide N-95 respirators for voluntary use.

Athletics & Outdoor Recreation: Cancel or move all outdoor athletic and recreation events/activities indoors. Consider cancellation of indoor events and activities based on indoor air quality measurements and availability of space.

Outdoor Camps/Events: Cancel all outdoor events and camp activities. Consider cancellation of indoor camps that require participants or families to travel to and from campus.

Notes (If AQI > 150):

- Departments should keep all windows and doors closed.
- Facility HVAC to set the outside air dampers to the ASHRAE minimum position to reduce outdoor air intake where possible.
- MAPS will adjust campus shuttle and bus service as appropriate.
- EH&S to monitor affected indoor locations.
- ERM (EH&S, UPD, EOC) to consult with health officials and advise Provost and University leadership about the cancellation of classes, events, operations or other activities.

Key Facts to Know About Particle Pollution:

- Particle pollution can cause serious health problems, including asthma attacks, heart attacks, strokes and early death.
- Particle pollution can be a problem at any time of the year, depending on where you live.
- You can reduce your exposure to ozone pollution and still get exercise! Use AirNow's (www.airnow.gov) current Air Quality Index (AQI) information and forecasts to plan your outdoor activities.

What is particle pollution?

Particle pollution comes from many different sources. Fine particles (2.5 micrometers in diameter and smaller) come from power plants, industrial processes, vehicle tailpipes, woodstoves, and wildfires. Coarse particles (between 2.5 and 10 micrometers) come from crushing and grinding operations, road dust, and some agricultural operations.

Why is particle pollution a problem?

Particle pollution causes a number of serious health problems, including coughing, wheezing, reduced lung function, asthma attacks, heart attacks and strokes. It also is linked to early death in people with heart or lung disease.

Do I need to be concerned?

It's always smart to pay attention to your air quality, but it's especially true for people who may be at greater risk. They include:

- People with heart disease or lung disease, including asthma and Chronic Obstructive Pulmonary Disease (COPD).
- Older adults, young children, pregnant people, minority populations.
- Outdoor workers.

How can I protect myself?

Use AQI forecasts, available on AirNow.gov to plan outdoor activities. On days when the AQI is forecast to be unhealthy, check AirNow for your current air quality and take simple steps to reduce your exposure, including:

- Choose a less intense activity.
- Shorten your outdoor activities.
- Reschedule activities.
- Exercise away from busy roads.

For more information, please visit AirNow.gov for your local air quality forecast (www.airnow.gov).

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