



# District Safety Advisory

## Smoke Advisory and Air Quality Forecast

Due to the wildfires in Southern California, localized areas of smoke have occurred in the Los Angeles Basin. As a result, concentrations of fine particulates are expected to reach the unhealthy level in the smoke-impacted areas.

All individuals are urged to exercise caution and avoid unnecessary outdoor activities in the smoke-impacted areas.

### What To Do When Air Pollution Reaches Unhealthy Levels

In areas with **UNHEALTHY-SENSITIVE** air quality (Air Quality Index of 101 to 150), sensitive or susceptible persons, such as those with heart or lung disease, should minimize outdoor activity.

In areas with **UNHEALTHY** air quality (AQI of 151 to 200) or an **Ozone HEALTH ADVISORY Alert** (AQI of 151 to 200 for 1-hour ozone), everyone should discontinue prolonged, vigorous outdoor exercise lasting longer than one hour. Examples of the kinds of outdoor activities that should be avoided are calisthenics, basketball, running, soccer, football, tennis, swimming laps, and water polo. Susceptible persons, such as those with heart or lung disease, should avoid outdoor activity entirely.

In areas with **VERY UNHEALTHY** air quality (AQI of 201 or above) or an **Ozone STAGE-1 Alert** (AQI of 201 or above for 1-hour ozone), everyone should discontinue all vigorous outdoor activities regardless of duration.

### For Updated Information

Check updates issued by the South Coast Air Quality Management District by clicking on the web link provided below, then click on the news banner titled "Updated Smoke Advisory and Air Quality Forecast Issued Due to Wildfires." In smoke-impacted areas identified in the AQMD advisories, follow the above guidelines to mitigate negative health effects.

AQMD is the air pollution control agency for Orange County and major portions of Los Angeles, San Bernardino and Riverside counties.

[AQMD Home Page](#)

This page updated:

URL: [http://www.aqmd.gov/news1/smoke\\_advisory\\_forecast.htm](http://www.aqmd.gov/news1/smoke_advisory_forecast.htm)