

Air Quality Index and its Health Implications

AQI Range	Air Quality	Health Implications		
		Healthy Person	Elderly; Pregnant Women; Children	Persons with chronic Lung disease, Heart disease
0 - 50	Good	Normal activities	Normal activities	Normal activities
50 - 100	Satisfactory	Normal activities	Normal activities; however, there may be a moderate health concern for a very small number of people who are unusually sensitive to air pollution.	Normal activities; however, there may be a moderate health concern for a very small number of people who are unusually sensitive to air pollution.
101-200	Moderately Polluted/ Unhealthy	Reduce prolonged or strenuous outdoor physical exertion	Minimise prolonged or strenuous outdoor physical exertion	Avoid prolonged or strenuous outdoor physical exertion
201-300	Poor/ Unhealthy	Avoid prolonged or strenuous outdoor physical exertion	Minimise outdoor activity	Avoid outdoor activity
301-400	Very Poor / Hazardous	Minimise outdoor activity	Avoid outdoor activity	Avoid outdoor activity
> 401	Severe / Hazardous	Minimise outdoor activity	Avoid outdoor activity	Avoid outdoor activity

With inputs from <http://www.haze.gov.sg>



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Explanatory Notes:

Reduce = do less

Minimise = do as little as possible

Avoid = do not do

Prolonged = continuous exposure for several hours

Strenuous = involving a lot of energy or effort