

Outdoor Activity Guidelines Based on Air Quality

Health Effect Category	Good	Moderate	Unhealthy for sensitive groups*	Unhealthy	Very Unhealthy/ Hazardous
Visibility (miles)	13+	9-13	5-9	2-5	Less than 2
NowCast Concentration (µg/m ³)	≤ 12	12 - 35	35 - 55	55 - 150	150 +
Outdoor Activity (15-30 minutes)	No limitations	No limitations	Sensitive groups should remain indoors as much as possible. If outdoors, limit vigorous activity.	Everyone should remain indoors as much as possible. Keep indoor activity levels light to moderate. If outdoors, keep activity levels light.	Everyone should remain indoors as much as possible. Keep indoor activity levels light.
Outdoor Activity (1 hour)	No limitations	Monitor sensitive groups and limit their vigorous activities.	Sensitive groups should remain indoors as much as possible. If outdoors, keep activities light to moderate.	Everyone should remain indoors as much as possible. Find alternative indoor activities in an environment with good air quality. Keep indoor activity levels light.	Everyone should remain indoors as much as possible. Find alternative indoor activities in an environment with good air quality. Keep indoor activity levels light.
Outdoor Activity (2-4 hours)	No limitations	Monitor sensitive groups and limit their vigorous activities.	Sensitive groups should remain indoors as much as possible. If outdoors, sensitive groups should keep activities light and avoid activities over 2 hours. Consider moving practices and events indoors. If events are not cancelled, increase rest periods to allow for lower breathing rates.	Everyone should remain indoors as much as possible. Reschedule events or relocate to an area with good air quality. Keep indoor activity levels light.	Everyone should remain indoors as much as possible. Reschedule events or relocate to an area with good air quality. Keep indoor activity levels light.
Visit www.todaysair.mt.gov for local air quality conditions and more information.					

Examples of Activities

Light Activities: Walking, stretching, playing board/card games, dancing slowly, light yard work

Moderate Activities: Brisk walking, yoga, gymnastics, tennis, skateboarding, weight training, light biking/hiking, hunting, canoeing, swimming

Vigorous Activities: Aerobics, Running/jogging, competitive sports, swimming, digging, biking uphill, wheeling a wheelchair

**Please note that the intensity of an activity can vary by person and ability.*

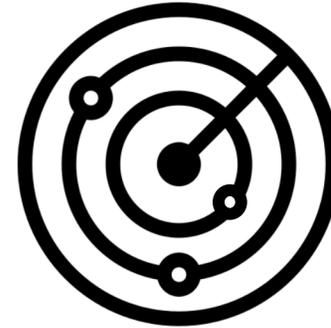
*For the purpose of this document, sensitive groups include:

- **Children (ages 0-17 years).** Children may be more sensitive to air pollution as their lungs are still developing and they may have an unknown underlying health condition.
- **People with chronic conditions.** People with chronic conditions, such as asthma or another respiratory disease, or cardiovascular disease, may be more sensitive to air pollution and should talk with their healthcare provider about managing their condition. People with chronic conditions should be medically managing their condition during air quality that is unhealthy for sensitive groups or worse. People with asthma should be following their Asthma Action Plan in all conditions.
- **Pregnant women.** During pregnancy, changes to a woman's body may increase vulnerability to environmental exposures. Additionally, during critical windows of human development, a mother's prolonged exposure to wildfire smoke may harm the developing fetus.
- **Older adults.** Older adults are at increased risk of health effects from short-term exposures to wildfire smoke because of their higher prevalence of pre-existing lung and heart diseases.



How To Use This Table And The Today's Air Website

- Start early. Well before your event, start monitoring the air quality by visiting the www.todaysair.mt.gov website.
 - Review the forecast on the today's air website: <http://svc.mt.gov/deg/todaysair/smokereport/mostRecentUpdate.aspx>.
 - Review the NowCast concentration measurements for your area. If your area is not near an air monitor, follow directions below for using the visibility guidelines.
 - Make adjustments to your plans depending on the forecast and the health effect category.
- Continue to monitor the air quality and the forecast in your area.
 - Be sure to leave adequate time for decisions to be made before you travel.
 - Air quality can change rapidly. Regularly review the concentration levels before and throughout lengthy events to assess for deteriorating conditions.



How to estimate air quality based on visibility:

1. Use pre-determined landmarks that were established on a clear day for distances (face away from the sun).
2. Determine the limit of your visible range by looking for targets at known distances (miles).
4. Use the visibility values in the table to determine the local wildfire smoke category.

What to Consider when Planning for Poor Air Quality

- Know which air quality monitor to use or what geographic spots to use for visibility guidelines.
- Maintain an adequate supply of food and medication (more than five days).
- If you have a chronic lung or heart condition, check with your health care providers before the fire season about precautions to take during smoke events.
- Know how to maintain good indoor air quality.
 - Keep windows and doors closed
 - Set air conditioning or furnace blower to recirculate and close the fresh air intake.
 - Do not perform any activities that will add to indoor pollution.
 - If you plan to use a portable HEPA air cleaner, buy one prior to a smoke emergency that matches the room size specified by the manufacturer.
- If traveling, be aware of the air quality in the area and have a back up plan.

Protection from Particulate Matter

Wildfires, wood burning, and air stagnation increase the fine particulate matter (PM2.5/PM10) in the air we breathe. Fine particulate matter travels easily indoors, especially through doors, windows, and small openings. Over time, concentrations of fine particulate matter indoors can approach the level of concentration outdoors. Buildings with enhanced filtration will have improved indoor air quality. Supplemental use of properly sized HEPA air purifiers have been shown to improve indoor air quality by reducing particulate matter and chemicals in smoke.

Cloth face coverings and dust masks offer little protection against harmful air pollutants in wildfire smoke because these coverings do not capture most small particles in smoke. The right respirator and proper fit can reduce your exposure to wildfire smoke. Anyone with lung or heart disease should check with their health care provider before using any mask.

Visit dphhs.mt.gov/airquality for more information on air pollution and how to protect your health during poor air quality conditions.

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-406-444-1386 (TTY: 1-800-833-8503).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-406-444-1386 (TTY: 1-800-833-8503).

4,500 copies of this public document were published at an estimated cost of \$0.19 per copy, for a total cost of \$855.00, which includes \$855.00 for printing and \$0.00 for distribution. This publication was supported by the Cooperative Agreement Number CDC-RFA-EH14-1404 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention.