







# Adult Outdoor Activity Guide

## Air Quality Conditions

Check your local air conditions at <https://fortress.wa.gov/ecy/enviwa/>

 <b>Good</b>	 <b>Moderate</b>	 <b>Unhealthy for Sensitive Groups</b>	 <b>Unhealthy for Everyone</b>	 <b>Very Unhealthy for Everyone</b>	 <b>Hazardous for Everyone</b>
Washington Air Quality Advisory (WAQA) Concentration Levels (PM <sub>2.5</sub> µm <sup>3</sup> )					
0 to 12.0	12.1 to 20.4	20.5 to 35.4	35.5 to 80.4	80.5 to 150.4	Greater than 150.4
<p>Air pollution is low, so there is little health risk. It's a great day for everyone to be outdoors.</p>	<p>People with health conditions should limit spending any time outdoors and avoid vigorous outdoor activities.</p> <p>They may begin to have worsened symptoms.</p>	<p>All sensitive groups should limit spending any time outdoors.</p> <p>People with health conditions may have worsened symptoms. Healthy people may start to have symptoms.</p>	<p>Everyone, especially sensitive groups, should limit time spent outdoors, avoid vigorous activities outdoors, and choose light indoor activities.</p>	<p>Everyone should stay indoors, avoid all vigorous activity, close windows and doors if it's not too hot, set your AC to recirculate, and use a HEPA air filter if possible.</p>	<p>People with heart or lung disease, or those who have had a stroke, should consult their healthcare provider about leaving the area and wearing a properly-fitted respiratory mask if they must go outdoors.</p> <p>Follow burn bans and evacuation orders.</p>

### Sensitive Groups Include

- People with health conditions such as:
  - Asthma
  - COPD
  - Diabetes
  - Other heart/lung diseases, respiratory illness and colds
  - Stroke survivors
- Children under age 18 and adults over age 65.
- Pregnant women.
- People who smoke.

### Activity Levels

- **Light Activities** are things that **do not** increase your heart rate. This may include things like playing catch, taking in scenery at a park, leisurely walking, or light gardening/yard work.
- **Moderate Activities** are things that **do** increase your heart rate, these activities may cause you to sweat. When doing these activities you can talk but not sing. This might include things like walking fast, sprinting, playing Frisbee, or intense yard work.
- **Vigorous Activities** are things that increase heart rate and cause you to sweat. During these activities, your breathing is so fast that you have difficulty talking. This may include activities like running, jogging, playing sports like basketball, football or soccer, swimming laps, jumping rope, and hiking.