

AIR QUALITY CATEGORIES, HEALTH EFFECTS AND CAUTIONARY ACTIONS

(information provided by Department of Human Services)

Air Quality Categories	Potential Health Effects	Cautionary Actions
Good	None expected	None
Unhealthy for sensitive groups	<p>Likelihood of respiratory symptoms and aggravation of pre-existing heart or lung conditions such as asthma.</p> <p>Sensitive groups include people with heart or lung conditions, children and the elderly.</p>	<p>Sensitive Groups: People with lung or heart conditions, the elderly, and children should:</p> <ul style="list-style-type: none"> • Limit prolonged or heavy physical activity. • Limit time spent outdoors in the smoke (when possible). • Asthmatics - follow your personal asthma management plan. • Take medication as prescribed, and pay attention for symptoms. • Seek medical advice if symptoms occur.
Unhealthy (all)	<p>Increased likelihood of respiratory symptoms and aggravation of pre-existing heart or lung conditions such as asthma.</p> <p>Likelihood of respiratory symptoms in the general population.</p>	<p>Sensitive Groups: People with lung or heart conditions, the elderly and children should:</p> <ul style="list-style-type: none"> • Avoid prolonged or heavy physical activity. • Stay indoors (when possible). • Asthmatics follow your personal asthma management

		<p>plan.</p> <ul style="list-style-type: none">• Take medication as prescribed, and pay attention for symptoms.• Seek medical advice if symptoms occur. <p>General population:</p> <ul style="list-style-type: none">• Limit prolonged or heavy physical activity.• Limit time spent outdoors in the smoke (when possible).• Anyone experiencing breathing problems or chest pains should seek medical advice. <p>Everyone:</p> <ul style="list-style-type: none">• If your home gets too hot to be comfortable, or is letting in outside air, and it is safe to do so, consider leaving the area until the smoke clears.• Shopping centres and local community facilities (eg. libraries) can provide short-term relief from smoke and heat.• When travelling in your car, switch the air conditioner to recycle to reduce smoke.
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		<ul style="list-style-type: none"> • Take medication with you.
Very Unhealthy (all)	<p>Significant increase in respiratory symptoms and aggravation of lung or heart conditions such as asthma.</p> <p>Increasing likelihood of respiratory effects in the general population.</p>	<p>Everyone should:</p> <ul style="list-style-type: none"> • Avoid prolonged or heavy physical activity. • Stay indoors (when possible). • Outdoor sporting events should be postponed. • If your home gets too hot to be comfortable, or is letting in outside air, and it is safe to do so - consider leaving the area until the smoke clears. • Shopping centres and local community facilities (eg. libraries) can provide short-term relief from smoke and heat. • When travelling in your car, switch the air conditioner to recycle to reduce smoke. • Anyone experiencing breathing problems or chest pains should seek medical advice immediately.
Hazardous (all)	<p>Serious aggravation of heart or lung conditions.</p> <p>People with cardiopulmonary disease and the elderly</p>	<p>Everyone should</p> <ul style="list-style-type: none"> • Avoid any outdoor activity. • Outdoor sporting

	<p>are particularly at risk. Serious risk of respiratory effects in the general population.</p>	<p>events should be postponed.</p> <ul style="list-style-type: none">• If your home gets too hot to be comfortable, or is letting in outside air, and it is safe to do so - consider leaving the area until the smoke clears.• Shopping centres and local community facilities (eg. libraries) can provide short-term relief from smoke and heat.• When travelling in your car, switch the air conditioner to recycle to reduce smoke.• Anyone experiencing breathing problems or chest pains should seek medical advice immediately.
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