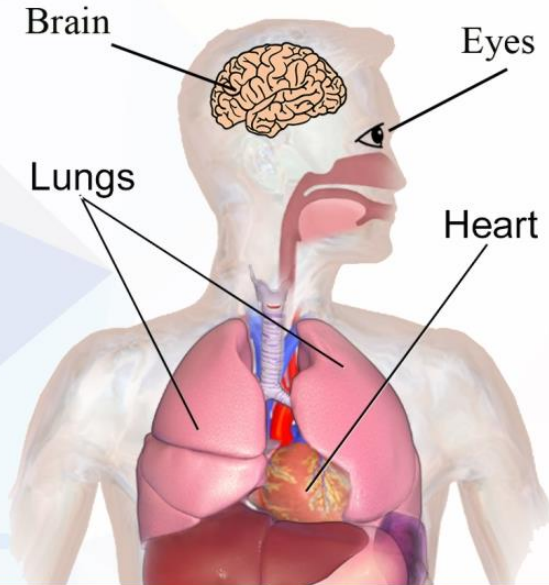




Ministry of Health and Family Welfare
Government of India



Air Pollution

Act to protect your health

Pollution Harms You

Check the Air Quality Index Level

Air Quality Index (AQI)# (Pollution level)	Possible Health Consequences	Advice for	
		General Population	Vulnerable Population*
Good (0-50)	Low risk	No special precautions	No special precautions
Satisfactory (51-100)	Minor breathing discomfort in vulnerable population*	No special precautions	Reduce prolonged or strenuous outdoor physical exertion
Moderate (101-200)	Breathing or other health related discomfort in vulnerable population*	Reduce prolonged or strenuous outdoor physical exertion	Avoid prolonged or strenuous outdoor physical exertion
Poor (201-300)	<ul style="list-style-type: none"> Breathing discomfort in healthy people on prolonged exposure Breathing or other health related discomfort in vulnerable population* on short exposure 	Avoid outdoor physical exertion	Avoid outdoor physical activities
Very Poor (301-400)	<ul style="list-style-type: none"> Respiratory illness in healthy people on prolonged exposure Pronounced respiratory or other illnesses in vulnerable population* on short exposure 	Avoid outdoor physical activities, especially during morning and late evening hours	Remain indoors and keep activity levels low
Severe (401-500)	<ul style="list-style-type: none"> Respiratory illness in healthy people on prolonged exposure Serious respiratory or other illnesses in vulnerable population* on short exposure 	Avoid outdoor physical activities	Remain indoors and keep activity levels low

* Vulnerable population (high risk): Elderly, children under 5 years, pregnant women, pre-existing illnesses like asthma and other airway or lung (respiratory) and heart (cardiovascular) diseases

#AQI= Air Quality Index; Check the daily AQI through the following websites before planning your day

CPCB - https://app.cpcbcr.com/AQI_India/

MAPAN-SAFAR - <http://safar.tropmet.res.in/>

