

IS MY AIR SAFE?

Check current air quality at SpokaneCleanAir.org



GOOD

Air pollution is low so there is little health risk.
It's a great day to enjoy the outdoors!



MODERATE

People with health conditions should limit time outdoors
and avoid strenuous outdoor activities.
Existing symptoms may begin to worsen.



UNHEALTHY FOR SENSITIVE GROUPS

All sensitive groups should limit spending any time outdoors.
People with health conditions may have worsened symptoms.
Healthy people may start to have new symptoms.



UNHEALTHY FOR EVERYONE

Everyone, especially sensitive groups, should limit time
spent outdoors, avoid strenuous activities outdoors,
and choose light indoor activities.



VERY UNHEALTHY FOR EVERYONE

Everyone should stay indoors, avoid all strenuous activity, close
windows and doors. If it's not too hot, set your air conditioner
to recirculate. If possible, use a HEPA air filter.



HAZARDOUS FOR EVERYONE

People with health conditions should consult their healthcare provider
about leaving the area and wearing a properly-fitted respiratory mask
if they must go outdoors. Follow burn bans and evacuation orders.

If you are experiencing
serious symptoms,
seek immediate
medical attention.

