Poor Air Quality:

When the air outside is in the red, the impact on your body can be severe. Here are some symptoms to be aware of:

* Extreme irritation of the eyes, nose, and throat
* Mucus secretions and coughing
* Shortness of breath
* Aggravate asthma and other cardiovascular conditions

Prolonged exposure can be even worse, resulting in the following:

* Reduced lung capacity
* Breathing problems
* Lung cancer
* Cardiovascular disease

As when the air is moderately unhealthy, there are some basic precautions to take:

* Wear a face mask to mitigate how much particulate matter you breathe in
* Limit time spent outdoors until air levels return to a healthy level

However, when air quality is at its worst, it is essential to avoid going outdoors if at all possible. Stay inside and wait until conditions have improved.

Moderate Air Quality:

When air conditions are in the yellow, it’s still possible to go about your activities outside, but precautions should be taken. Note that moderately poor air quality can result in the following:

* Mild irritation of the eyes, nose, and throat
* Respiratory problems

Generally, it’s still safe to operate outdoors while the air index is in the yellow, but it’s still wise to take precautions like wearing an air mask and limiting your time outside of the house. However, while most people aren’t going to be adversely harmed by moderately poor air quality, people who have health conditions will be at a higher risk of danger.

Good Air Quality:

When air quality is in the green, it’s the best time to head outdoors. There’s little to no risk to health when air quality is good. This is an excellent time to take advantage of the healthy atmosphere and engage in activities like:

* Exercise
* Walks
* Hiking
* Climbing

There’s no need for additional precautions when air quality is good, like wearing a mask. Go outdoors freely and enjoy yourself!