

# Air Quality and Weather Report - Jabalpur

**Location:** Marhatal, Jabalpur, India

**Current AQI:** 21 (Good)

## 7-Day AQI Forecast

Day	AQI	Status
Thu	138	Unhealthy
Fri	134	Unhealthy
Sat	82	Moderate
Sun	102	Unhealthy
Mon	134	Unhealthy
Tue	93	Moderate
Wed	89	Moderate

## Pollutant Details

Pollutant	Concentration (µg/m³)
PM2.5	17.0
PM10	21.0
NO2	6.6
SO2	5.8
CO	12.7
O3	10.3

## Weather Overview

- Current weather: Thunderstorms and rain showers likely, cloudy skies. - Temperature range: 29–31 °C expected in coming days with high humidity. - Rainfall: Frequent showers expected which may help reduce dust and pollution temporarily.

## Health & Safety Recommendations

1. Avoid outdoor activities when AQI is Unhealthy (above 100), especially for children, elderly, or people with respiratory/heart conditions. 2. Use N95/KN95 masks on Unhealthy days (Thu, Fri, Sun, Mon). 3. Sensitive individuals should limit outdoor exposure even on Moderate days. 4. Use air purifiers indoors and keep windows closed during high pollution periods. 5. Schedule outdoor activities after rainfall when air quality may temporarily improve. 6. Stay hydrated and maintain a healthy diet to strengthen immunity. 7. Track daily AQI updates to plan your activities accordingly.

## Safe vs Unsafe Outdoor Conditions

- AQI 0–50 (Good): Safe for all outdoor activities. - AQI 51–100 (Moderate): Generally safe, but sensitive groups should be cautious. - AQI 101–150 (Unhealthy for Sensitive Groups): Sensitive individuals should avoid long outdoor exposure. - AQI 151+: Unsafe for all; outdoor activities should be minimized.