

Air Quality Index



Health Categories	Ozone (O ₃)	Very Small Particles (PM _{2.5})	Small Particles (PM ₁₀)	Carbon Monoxide (CO)
VERY UNHEALTHY (201 TO 300)	Active children and adults, and people with respiratory disease such as asthma should avoid all outdoor exertion (participation in strenuous sports activities or exercise); everyone else, especially children, should limit outdoor exertion.	People with respiratory disease or heart disease, the elderly and children should avoid any outdoor activity; everyone else should avoid prolonged exertion.	People with respiratory disease such as asthma should avoid any outdoor activity; everyone else, especially the elderly and children, should limit outdoor exertion.	People with cardiovascular disease such as angina should avoid exertion and sources of CO such as heavy traffic.
UNHEALTHY (151 TO 200)	Active children and adults, and people with respiratory disease such as asthma should avoid prolonged outdoor exertion; everyone else, especially children, should limit prolonged outdoor exertion.	People with respiratory disease or heart disease, the elderly and children should avoid prolonged exertion; everyone else should limit prolonged exertion.	People with respiratory disease such as asthma should avoid outdoor exertion; everyone else, especially the elderly and children, should limit prolonged outdoor exertion.	People with cardiovascular disease such as angina should limit moderate exertion and avoid sources of CO such as heavy traffic.
UNHEALTHY FOR SENSITIVE GROUPS (101 TO 150)	Active children and adults, and people with respiratory disease such as asthma should avoid prolonged outdoor exertion.	People with respiratory disease or heart disease, the elderly and children should limit prolonged exertion.	People with respiratory disease such as asthma should limit outdoor exertion.	People with cardiovascular disease such as angina should limit heavy exertion and avoid sources of CO such as heavy traffic.
MODERATE (51 TO 100)	Unusually sensitive people should consider limiting prolonged outdoor exertion.	None	None	None
GOOD (0 TO 50)	None	None	None	None

To report a smoking vehicle call 1-800-453-SMOG

AIR QUALITY INDEX CARD



300	VERY UNHEALTHY
200	UNHEALTHY
150	UNHEALTHY-SENSITIVE GROUPS
100	MODERATE
50	GOOD

These cards can assist you with air pollution forecasts.
www.fortworthgov.org/dem/airpg.htm

AIR QUALITY INDEX CARD



300	VERY UNHEALTHY
200	UNHEALTHY
150	UNHEALTHY-SENSITIVE GROUPS
100	MODERATE
50	GOOD

These cards can assist you with air pollution forecasts.
www.fortworthgov.org/dem/airpg.htm

FORT WORTH

ENVIRONMENTAL

WAL-MART
NEIGHBORHOOD MARKET