

Wildfire Smoke Health Index

The following table provides an index to assist in assessing the health category based on the visibility in your area, and lists associated recommended cautionary statements for each category.

To assess visibility:

- Face away from the sun. Determine visibility range by looking for targets that are at known distances (miles).
- The visible range is the point where even high-contrast objects disappear.
- After determining visibility in miles use the following Wildfire Smoke Visibility Index to assess air quality.

Visibility Range	Health Category	Cautionary Statements
10+ miles	Good	None
5 - 10 miles	Moderate	Usually sensitive people should consider reducing prolonged or heavy exertion.
3 - 5 miles	Unhealthy for Sensitive Groups	Sensitive people should reduce prolonged or heavy exertion.
1.5 - 2.5 miles	Unhealthy	Sensitive people should avoid prolonged or heavy exertion. Everyone else should reduce prolonged or heavy exertion.
1 – 1.25 miles	Very Unhealthy	Sensitive people should avoid all physical activity outdoors. Everyone else should avoid prolonged or heavy exertion.
< 0.75 miles	Hazardous	Sensitive people should remain indoors and keep activity levels low. Everyone else should avoid all physical activity outdoors.