

Be Aware of Smoke Levels and Air Quality 5-3-1

- If visibility is well over five miles, the air quality is generally good.
- Even if visibility is five miles away but generally hazy, air quality is moderate and beginning to deteriorate, and is generally healthy, except possibly for smoke sensitive persons. The general public should avoid prolonged exposure if conditions are smoky to the point where visibility is closer to the 5-mile range.
- If under five miles, the air quality is unhealthy for young children, adults over age 65, pregnant women, and people with heart and/or lung disease, asthma or other respiratory illness. These people should minimize outdoor activity.
- If under three miles, the air quality is unhealthy for everyone. Young children, adults over age 65, pregnant women, and people with heart and/or lung disease, asthma or other respiratory illness. These people should minimize outdoor activity.
- If under one mile, the air quality is unhealthy for everyone. Everyone should avoid all outdoor activities.

Using the 5-3-1 Visibility Index

Distance you can see*	You are:		OR	You have
	<ul style="list-style-type: none"> • An adult • A teenager • An older child 	<ul style="list-style-type: none"> • Age 65 and over • Pregnant • A young child 		<ul style="list-style-type: none"> • Asthma • Respiratory illness • Lung or heart disease
5 miles	check visibility	minimize outdoor activity		minimize outdoor activity
3 miles	minimize outdoor activity	stay inside		stay inside
1 mile	stay inside	stay inside		stay inside

No matter how far you can see, if you feel like you are having health effects from smoke exposure, take extra care to stay inside or get to an area with better air quality. You should also see your doctor or other health professional as needed.

* less reliable under high humidity conditions