

General Public

Recommended* Actions During Wildfire Smoke & Unhealthy Air Quality Events

Northern Sonoma County Air Pollution Control District | [More Tips & AQI Resources](#)

HOW TO USE THIS CHART:

1 Find the current local air quality conditions (AQI) at fire.airnow.gov or forecasted air quality conditions at airnow.gov.

2 Once you know the AQI nearest your location, use the table below to help you plan & make decisions during a wildfire smoke event or anytime the AQI increases.

AQI Levels	1. GOOD 0-50 Air quality is satisfactory, and air pollution poses little or no risk.	2. MODERATE 51-100 Air quality is acceptable. However, there may be a risk for some people who are unusually sensitive to air pollution.	3. UNHEALTHY FOR SENSITIVE GROUPS 101-150 Members of sensitive groups may experience health effects. The general public is less likely to be affected.	4. UNHEALTHY 151-200 Members of the public may experience health effects; sensitive groups may experience more serious health effects.	5. VERY UNHEALTHY 201-300 Health alert: The risk of health effects is increased for everyone.	6. HAZARDOUS ≥301 Health warning of emergency conditions: everyone is more likely to be affected.
General Outdoor Activity	<ul style="list-style-type: none"> Consider purchasing an outdoor PM sensor (like Purple Air) for your home. 	<ul style="list-style-type: none"> Sensitive individuals¹ should be prepared to medically manage their condition. Check local AQI to plan your activities if conditions worsen. 	<ul style="list-style-type: none"> Sensitive individuals¹ should stay indoors or avoid vigorous outdoor activities. 	<ul style="list-style-type: none"> Avoid vigorous outdoor activities Sensitive individuals¹ or any individual having difficulty breathing should remain indoors. Discontinue any outdoor wood or refuse burning activities. 	<ul style="list-style-type: none"> Discontinue outdoor activity. All activity should be moved indoors or discontinued. Discontinue any wood or refuse burning activities. 	<ul style="list-style-type: none"> Discontinue outdoor activity. All activity should be moved indoors or discontinued. Discontinue any wood or refuse burning activities.
Exercise	No Suggested Actions.	<ul style="list-style-type: none"> Sensitive individuals¹ should be prepared to medically manage their condition. Check local AQI to plan your activities if conditions worsen. 	<ul style="list-style-type: none"> Sensitive individuals¹ should exercise indoors or avoid vigorous exercise activities. Increase rest periods and lower breathing rates. Reduce vigorous exercise to 30 minutes per hour or less. 	<ul style="list-style-type: none"> Exercise indoors or limit vigorous exercise activity to maximum 15 minutes. Sensitive individuals¹ or any individual having difficulty breathing should remain indoors. 	<ul style="list-style-type: none"> Discontinue outdoor exercise. All activity should be moved indoors or discontinued. 	<ul style="list-style-type: none"> Discontinue outdoor exercise. All activity should be moved indoors or discontinued.
Indoor Air Quality	<ul style="list-style-type: none"> Consider purchasing an indoor PM sensor for your home. Consider purchasing a certified portable air cleaner² Consider installing high efficiency HVAC filters to help improve indoor air quality if needed. 	<ul style="list-style-type: none"> Sensitive individuals¹ should be prepared to medically manage their condition. Check readiness of portable air cleaner and HVAC filters to help improve indoor air quality if conditions worsen. Consider making a DIY cleaner³ to help improve indoor air quality if needed. 	<ul style="list-style-type: none"> Sensitive individuals consider using a portable air cleaner to reduce indoor air pollution. Don't use products that increase indoor air pollution (candles, cleaners, air fresheners). Reduce activities that create more dust (frying foods, vacuuming). Only use wood burning appliance if primary source of heat. Follow previous guidance under Level 2. 	<ul style="list-style-type: none"> Run HVAC system on recirculate mode to reduce smoke indoors. Keep doors and windows closed. Change dirty air filters as needed. Create a clean air space at home (use a certified portable air cleaner² or DIY air cleaner³). Discontinue use of wood burning appliance unless primary source of heat. Follow previous guidance under Levels 2-3. 	<ul style="list-style-type: none"> Follow previous guidance under Levels 2-4. 	<ul style="list-style-type: none"> Follow previous guidance under Levels 2-4.
N95 Mask Use	<ul style="list-style-type: none"> Consider purchasing N95 masks to have ready before a smoke event occurs. 	<ul style="list-style-type: none"> Keep N95 masks on hand in case air quality worsens and you must go outside. 	<ul style="list-style-type: none"> Sensitive individuals should consider using N95 masks only if you must go outside; other health conditions and breathing rates should be monitored. 	<ul style="list-style-type: none"> Use an N95 mask if you must go outside & monitor other health conditions and breathing rates. 	<ul style="list-style-type: none"> Use an N95 mask if you must go outside & monitor health conditions. 	<ul style="list-style-type: none"> Use an N95 mask if you must go outside & monitor health conditions.

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1. Sensitive Individuals include anyone with asthma or other heart/lung conditions, children, and the elderly. Those with asthma should follow their asthma action plans and keep their quick-relief medicine handy.

2. The California Air Resources Board certifies & lists portable air cleaners here: <https://ww2.arb.ca.gov/list-carb-certified-air-cleaning-devices>

3. DIY Air Cleaner YouTube video: <https://youtu.be/YnlvLBe6xUE>

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AQI Levels	1. GOOD 0-50 Air quality is satisfactory, and air pollution poses little or no risk.	2. MODERATE 51-100 Air quality is acceptable. However, there may be a risk for some people who are unusually sensitive to air pollution.	3. UNHEALTHY FOR SENSITIVE GROUPS 101-150 Members of sensitive groups may experience health effects. The general public is less likely to be affected.	4. UNHEALTHY 151-200 Members of the public may experience health effects; sensitive groups may experience more serious health effects.	5. VERY UNHEALTHY 201-300 Health alert: The risk of health effects is increased for everyone.	6. HAZARDOUS ≥301 Health warning of emergency conditions: everyone is more likely to be affected.
Landscaping Activities	<ul style="list-style-type: none"> No additional recommended actions. 	<ul style="list-style-type: none"> No additional recommended actions. 	<ul style="list-style-type: none"> Limit leaf blower use. Limit landscaping activities that create excess dust. Limit gas powered tools. 	<ul style="list-style-type: none"> Discontinue until AQI returns to Level 3 or less: <ul style="list-style-type: none"> Leaf blower use. Landscaping activities that create excess dust. Use of gas-powered tools. Spraying. 	<ul style="list-style-type: none"> Discontinue all activities until AQI returns to Level 3 or less, at minimum prevent dust & visible emissions per Air District Rules 430 & 410. 	<ul style="list-style-type: none"> Discontinue all activities until AQI returns to Level 3 or less, at minimum prevent dust & visible emissions per Air District Rules 430 & 410.
Activities That Create Dust & Smoke Emissions	<ul style="list-style-type: none"> Prevent fugitive dust per Air District Rules 430. Prevent visible emissions per Air District Rules 410. 	<ul style="list-style-type: none"> Prevent fugitive dust per Air District Rules 430. Prevent visible emissions per Air District Rules 410. 	<ul style="list-style-type: none"> Prevent dust per Air District Rules 430. Prevent visible emissions per Air District Rules 410. 	<ul style="list-style-type: none"> Discontinue until AQI returns to Level 3 or less: <ul style="list-style-type: none"> Use of gas-powered tools. Open burning. Use of wood burning appliance that is not primary heat source. Reduce speed on dirt roads. Wet-down vehicle track-out, earthwork, road construction. 	<ul style="list-style-type: none"> Discontinue all activities until AQI returns to Level 3 or less, at minimum prevent dust & visible emissions per Air District Rules 430 & 410. 	<ul style="list-style-type: none"> Discontinue all activities until AQI returns to Level 3 or less, at minimum prevent dust & visible emissions per Air District Rules 430 & 410.
Outdoor Work Activities / Employee Safety	<ul style="list-style-type: none"> Establish wildfire communication plan & train employees on Cal/OSHA Wildfire Smoke Standards¹. Consider installation & operation of an onsite PM sensor or monitor. 	<ul style="list-style-type: none"> Monitor AQI forecast to help plan work activities.¹ 	<ul style="list-style-type: none"> Monitor AQI forecast to help plan work activities.¹ Provide air quality info to employees.¹ Sensitive groups should consider wearing N95 masks. 	<ul style="list-style-type: none"> Reduce employee exposure to smoke.¹ If exposure can't be reduced, provide N95 masks for voluntary use.¹ Everyone should consider wearing N95 masks. Consider postponing non-essential outdoor work until AQI returns to Level 3 or less. 	<ul style="list-style-type: none"> Reduce employee exposure to smoke.¹ If exposure can't be reduced, provide N95 masks for voluntary use.¹ Everyone should consider wearing N95 masks. Consider postponing non-essential outdoor work until AQI returns to Level 3 or less. 	<ul style="list-style-type: none"> Reduce employee exposure to smoke.¹ If exposure can't be reduced, provide N95 masks for voluntary use.¹ Require employees wear N95 masks at AQI >500.² Consider postponing non-essential outdoor work until AQI returns to Level 3 or less.
Indoor Work Activities & Employee Safety	<ul style="list-style-type: none"> No additional recommended actions. Consider purchasing an indoor PM sensor. 	<ul style="list-style-type: none"> Check readiness of air cleaners & HVAC filters in case air quality degrades. 	<ul style="list-style-type: none"> Monitor AQI forecast to help plan work activities. Provide air quality information to employees. 	<ul style="list-style-type: none"> Check nearby AQI levels to determine work activities. Run HVAC system on recirculate mode; run air cleaners; keep doors & windows closed to reduce smoke at Levels 3 and above. 	<ul style="list-style-type: none"> Create cleaner air workspace or consider telework for employees. Follow previous guidance under Levels 2-4. 	<ul style="list-style-type: none"> Reduce employee exposure to smoke.¹ If exposure can't be reduced, provide N95 masks for voluntary use.¹ Require employees wear N95 masks at AQI >500.¹

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1. Cal/OSHA regulation to protect workers from wildfire smoke. California Code of Regulations, title 8, [section 5141.1](#).

Public Agencies

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2 Once you know the AQI nearest your location, use the table below to help you plan & make decisions during a wildfire smoke event or anytime the AQI increases.

AQI Levels	1. GOOD 0-50	2. MODERATE 51-100	3. UNHEALTHY FOR SENSITIVE GROUPS 101-150	4. UNHEALTHY 151-200	5. VERY UNHEALTHY 201-300	6. HAZARDOUS ≥301
	Air quality is satisfactory, and air pollution poses little or no risk.	Air quality is acceptable. However, there may be a risk for some people who are unusually sensitive to air pollution.	Members of sensitive groups may experience health effects. The general public is less likely to be affected.	Members of the public may experience health effects; sensitive groups may experience more serious health effects.	Health alert: The risk of health effects is increased for everyone.	Health warning of emergency conditions: everyone is more likely to be affected.
Landscaping Activities	<ul style="list-style-type: none"> No additional recommended actions. 	<ul style="list-style-type: none"> No additional recommended actions. 	<ul style="list-style-type: none"> Limit leaf blower use. Limit landscaping activities that create excessive dust. Limit gas powered tools. 	<ul style="list-style-type: none"> Discontinue until AQI returns to Level 3 or less: <ul style="list-style-type: none"> Use of leaf blowers. Landscaping activities that create dust & smoke. Use of gas-powered tools. 	<ul style="list-style-type: none"> Discontinue all activities until AQI returns to Level 3 or less, at minimum prevent dust & visible emissions per Air District Rules 430 & 410. 	<ul style="list-style-type: none"> Discontinue all activities until AQI returns to Level 3 or less, at minimum prevent dust & visible emissions per Air District Rules 430 & 410.
Activities That Create Dust & Smoke Emissions	<ul style="list-style-type: none"> Prevent fugitive dust per Air District Rules 430. Prevent visible emissions per Air District Rules 410. 	<ul style="list-style-type: none"> Prevent fugitive dust per Air District Rules 430. Prevent visible emissions per Air District Rules 410. 	<ul style="list-style-type: none"> Prevent fugitive dust per Air District Rules 430. Prevent visible emissions per Air District Rules 410. 	<ul style="list-style-type: none"> Prevent fugitive dust & visible emissions per Air District Rules 430 & 410. Run street sweepers with water. Wet-down road construction work. No outdoor wood burning activities. Reduce speed on dirt roads. 	<ul style="list-style-type: none"> Discontinue all activities until AQI returns to Level 3 or less, at minimum prevent dust & visible emissions per Air District Rules 430 & 410. 	<ul style="list-style-type: none"> Discontinue all activities until AQI returns to Level 3 or less, at minimum prevent dust & visible emissions per Air District Rules 430 & 410.
Outdoor Work Activities / Employee Safety	<ul style="list-style-type: none"> Establish wildfire communication plan.¹ Train employees on Cal/OSHA Wildfire Smoke Standards² Consider purchasing an outdoor PM sensor. 	<ul style="list-style-type: none"> Monitor AQI forecast to help plan work activities.¹ 	<ul style="list-style-type: none"> Monitor AQI forecast to help plan work activities.¹ Provide air quality info to employees.¹ Sensitive groups should consider wearing N95 masks. 	<ul style="list-style-type: none"> Reduce employee exposure to smoke.¹ If exposure can't be reduced, provide N95 masks for voluntary use.¹ Everyone should consider wearing N95 masks. Consider postponing non-essential outdoor work until AQI returns to Level 3 or less. 	<ul style="list-style-type: none"> Reduce employee exposure to smoke.¹ If exposure can't be reduced, provide N95 masks for voluntary use.¹ Everyone should consider wearing N95 masks. Consider postponing non-essential outdoor work until AQI returns to Level 3 or less. 	<ul style="list-style-type: none"> Reduce employee exposure to smoke.¹ If exposure can't be reduced, provide N95 masks for voluntary use.¹ Require employees wear N95 masks at AQI >500.¹ Consider postponing non-essential outdoor work until AQI returns to Level 3 or less.
Indoor Work Activities & Employee Safety	<ul style="list-style-type: none"> No additional recommended actions Consider purchasing an indoor PM sensor. 	<ul style="list-style-type: none"> No additional recommended actions 	<ul style="list-style-type: none"> Monitor AQI forecast to help plan work activities. Provide air quality information to employees. 	<ul style="list-style-type: none"> Check nearby AQI levels to determine work activities. Run HVAC system on recirculate mode; run air cleaners; keep doors & windows closed to reduce smoke. 	<ul style="list-style-type: none"> Create cleaner air workspace or consider telework for employees. Follow previous guidance under Levels 2-4. 	<ul style="list-style-type: none"> Create cleaner air workspace or consider telework for employees. Follow previous guidance under Levels 2-4.
Public Safety Messaging / Clean Air Centers	<ul style="list-style-type: none"> No additional recommended actions 	<ul style="list-style-type: none"> Monitor Air Quality Review readiness of air cleaners & HVAC filters. 	<ul style="list-style-type: none"> Activate Wildfire Smoke Action & Public Messaging Plan when wildfire smoke creates¹ or is likely to create PM-2.5 > 151 AQI. 	<ul style="list-style-type: none"> Consider opening cleaner air centers. Issue public smoke/health advisory/messages. Consider cancelling outdoor public events. Coordinate with EOC & health dept. 	<ul style="list-style-type: none"> Publicize availability of cleaner air centers (if open). Discuss school closure potential, public health alert, event cancellation. Issue public smoke/health advisory/messages. 	<ul style="list-style-type: none"> Publicize availability of cleaner air centers (if open), public health alerts and any event cancellations. Issue public smoke/health advisory/messages.

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Outdoor Play & Recess (15 min)	<ul style="list-style-type: none"> No Restrictions. Consider installation of onsite indoor & outdoor PM sensors. 	<ul style="list-style-type: none"> Ensure sensitive individuals¹ are medically managing their condition. Check readiness of air cleaners & HVAC filters in case air quality degrades. Begin to periodically check local AQI values. 	<ul style="list-style-type: none"> Sensitive individuals¹ should exercise indoors or avoid vigorous outdoor activities. Allow individuals who complain of difficulty breathing to play indoors. Use air cleaners when AQI is at Level 3 -6. 	<ul style="list-style-type: none"> Exercise indoors or avoid vigorous outdoor activities. Sensitive individuals¹ or any individual who complains of difficulty breathing should remain indoors. 	<ul style="list-style-type: none"> No outdoor activity. All activity should be moved indoors or discontinued. 	<ul style="list-style-type: none"> No outdoor activity. All activity should be moved indoors or discontinued.
Physical Education Class (60 min)	<ul style="list-style-type: none"> No Restrictions. Consider installation of onsite indoor & outdoor PM sensors. 	<ul style="list-style-type: none"> Ensure sensitive individuals¹ are medically managing their condition. Check readiness of air cleaners & HVAC filters in case air quality degrades. Begin to periodically check local AQI values. 	<ul style="list-style-type: none"> Sensitive individuals¹ should exercise indoors or avoid vigorous outdoor activities. Make indoor space available for sensitive individuals.¹ Increase rest periods and substitutions to lower breathing rates. Use air cleaners when AQI is at Level 3 -6. 	<ul style="list-style-type: none"> Exercise indoors or limit vigorous exercise activity to maximum 15 minutes. Sensitive individuals¹ or any individual having difficulty breathing should remain indoors. 	<ul style="list-style-type: none"> No outdoor exercise. All activity should be moved indoors or discontinued. 	<ul style="list-style-type: none"> No outdoor exercise. All activity should be moved indoors or discontinued.
Athletic Practice & Scheduled Events	<ul style="list-style-type: none"> No Restrictions. Consider installation of onsite indoor & outdoor PM sensors. 	<ul style="list-style-type: none"> Ensure sensitive individuals¹ are medically managing their condition. Check readiness of air cleaners & HVAC filters in case air quality degrades. Begin to periodically check local AQI values. 	<ul style="list-style-type: none"> Ensure sensitive individuals¹ are medically managing their condition. Reduce vigorous exercise to 30 minutes per hour. Increase rest periods and substitutions to lower breathing rates. Use air cleaners when AQI is at Level 3 -6. 	<ul style="list-style-type: none"> Reduce vigorous exercise to 30 minutes per hour. Increase rest periods and substitutions to lower breathing rates. Sensitive individuals¹ should remain indoors. 	<ul style="list-style-type: none"> Practice or event should be rescheduled, moved indoors or discontinued. 	<ul style="list-style-type: none"> Practice or event should be rescheduled, moved indoors or discontinued.
Scheduled Outdoor Events	<ul style="list-style-type: none"> No Restrictions. Consider installation of onsite indoor & outdoor PM sensors. 	<ul style="list-style-type: none"> Ensure sensitive individuals¹ are medically managing their condition. Check readiness of air cleaners & HVAC filters in case air quality degrades. Begin to periodically check local AQI values. 	<ul style="list-style-type: none"> Ensure sensitive individuals¹ are medically managing their condition. Use air cleaners when AQI is at Level 3 -6. 	<ul style="list-style-type: none"> Decrease duration of events exceeding 2 hours. Consider rescheduling or relocating event. 	<ul style="list-style-type: none"> Event should be rescheduled, moved indoors or discontinued. 	<ul style="list-style-type: none"> Event should be rescheduled, moved indoors or discontinued.

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