

# Wildfire Smoke Health Index

Visibility Range	Health Category	Health Effects Statements	Cautionary Statements
11+ miles	Good	None expected	None
6 - 10 miles	Moderate	Possible aggravation of heart or lung disease.	Unusually sensitive people should consider reducing prolonged or heavy exertion.
3 - 5 miles	Unhealthy for Sensitive Groups	Increasing likelihood of respiratory symptoms in sensitive individuals, aggravation of heart or lung disease and premature mortality in persons with cardiopulmonary disease and the elderly.	People with respiratory or heart disease, the elderly and children should limit prolonged exertion.
1.5 - 2.75 miles	Unhealthy	Increased aggravation of heart or lung disease and premature mortality in persons with cardiopulmonary disease and the elderly; increased respiratory effects in general population.	People with respiratory or heart disease, the elderly and children should avoid prolonged exertion; everyone else should limit prolonged exertion.
1 - 1.25 miles	Very Unhealthy	Significant aggravation of heart or lung disease and premature mortality in persons with cardiopulmonary disease and the elderly; significant increase in respiratory effects in general population.	People with respiratory or heart disease, the elderly and children should avoid any outdoor activity; everyone else should avoid prolonged exertion.
Less than 1 mile	Hazardous	Serious aggravation of heart or lung disease and premature mortality in persons with cardiopulmonary disease and the elderly; serious risk of respiratory effects in general population.	Everyone should avoid any outdoor exertion; people with respiratory or heart disease, the elderly and children should remain indoors.

To assess visibility:

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