

AIR QUALITY INDEX (AQI)

Understanding how polluted the air is and adapting your habits to protect your health



The **Air Quality Index (AQI)** is an indicator of how polluted the air is at a specific area. This depends on the concentration of different pollutants in the air, for example fine particulate matter (PM_{2.5}), nitrogen dioxide (NO₂) and ozone (O₃).

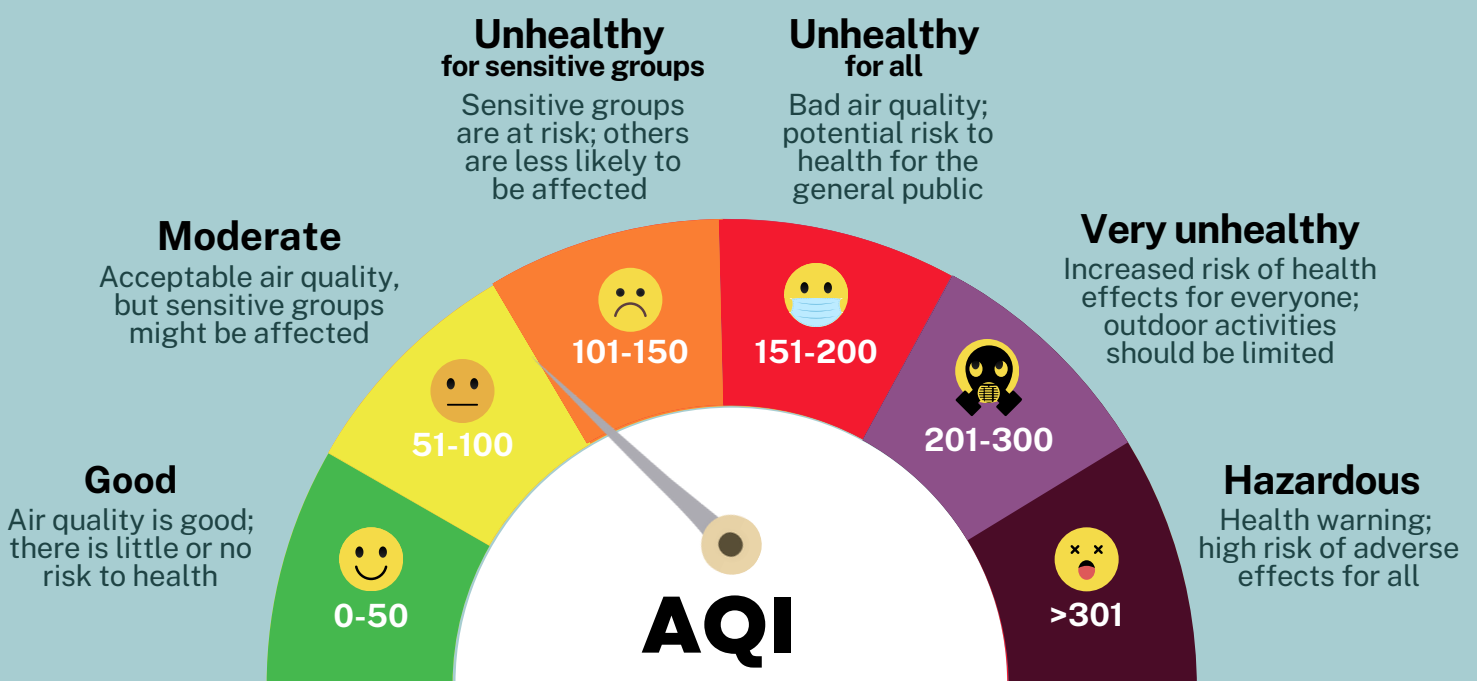
In 2021,

over 97%
of people in urban areas

were exposed to PM_{2.5} levels above those recommended by the World Health Organization



The AQI is published by governments and other authorities, and it shows how the air quality is at a given moment in a specific location based on what is recorded by air pollution monitors and information from air quality models.



Understanding what the AQI means



- When the AQI is **low**, it means that there is a low concentration of pollutants in the air, and the air quality is **good**.
- When the AQI is **high**, there is a high concentration of pollutants in the air,
- so the air quality is **bad**.

WHO IS MOST AFFECTED

Sensitive groups or those with health conditions are most affected by poor air quality, and should avoid outdoor activities when the AQI is high.



PROTECT YOUR HEALTH

When the AQI is high:

- Stay indoors as much as possible
- Wear a mask
- Avoid exercising outside
- Avoid high-traffic roads and peak hours
- Stay informed about pollution in your area