

Air Quality Index Categories and Recommendations

Air Quality Index Category	24-Hour Avg. PM _{2.5} Concentrations (ug/m ³)	24-Hour Avg. PM ₁₀ Concentrations (ug/m ³)	Recommended Actions
Good	0 to 12.0	0 to 54	None
Moderate	12.1 to 35.4	55 to 154	People with heart or lung disease, older adults (65 and up), and children: Consider reducing prolonged or heavy exertion.
Unhealthy for Sensitive Groups	35.5 to 55.4	155 to 254	People with heart or lung disease, older adults (65 and up), and children: Reduce prolonged or heavy exertion.
Unhealthy	55.5 to 150.4	255 to 354	People with heart or lung disease, older adults (65 and up), and children: Avoid prolonged or heavy exertion. Everyone else should reduce prolonged or heavy exertion.
Very Unhealthy	150.5 to 250.4	355 to 424	People with heart or lung disease, older adults (65 and up), and children: Avoid all physical activity outdoors. Everyone else should avoid prolonged or heavy exertion.
Hazardous	250.5 to 500.4	425 to 605	Everyone should avoid all physical activity outdoors. People with heart or lung disease, older adults (65 and up), and children should remain indoors and keep activity levels low.

Comment: Illinois Statewide Average 24-hour PM_{2.5} Concentration in 2020: 19.9 ug/m³

Comment: Off-site monitoring locations include both upwind and downwind locations. Elevated PM_{2.5} and PM₁₀ concentrations may represent other sources.

You can access daily average PM_{2.5} data for fixed monitoring locations here:

<http://www.epa.state.il.us/air/pm25/index.html>. Yesterday's average is available and it looks like you can access data for the trailing 12 months.

You can also get there by visiting the landing page for the Air Quality Index, Ozone, and PM Data:

<https://www2.illinois.gov/epa/topics/air-quality/outdoor-air/Pages/default.aspx>.