

UNDERSTANDING THE AQHI

AIR QUALITY HEALTH INDEX



A

AIR

AQHI is a measure of the most important air pollutants that are harmful to our health: the gases and particles which contribute to heart and lung disease.

QUALITY

The Air Quality Health Index is a personal health protection tool. It reflects scientific evidence that negative health effects can occur even at low levels of exposure to air pollution.



Q

HEALTH

What's YOUR AQHI number? Some people are more sensitive, but the higher the AQHI number, the higher the health risk for ALL. For each AQHI number, there is an associated health message.



H

INDEX

On a scale from 1 to 10+:
1-3 = 'Low' health risk
4-6 = 'Moderate' health risk
7-10 = 'High' health risk
Above 10 = 'Very high' health risk



I



**NB LUNG
POUMON NB**