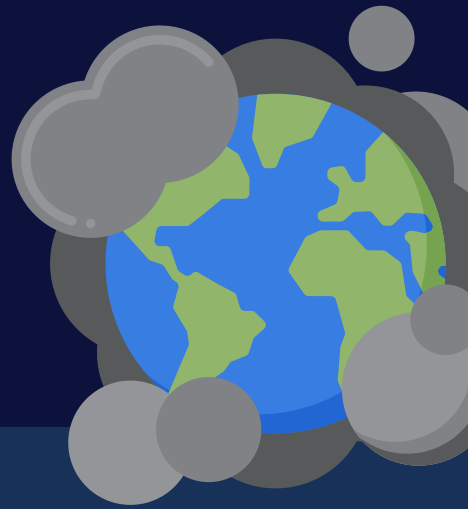


AIR QUALITY INDEX (AQI)

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

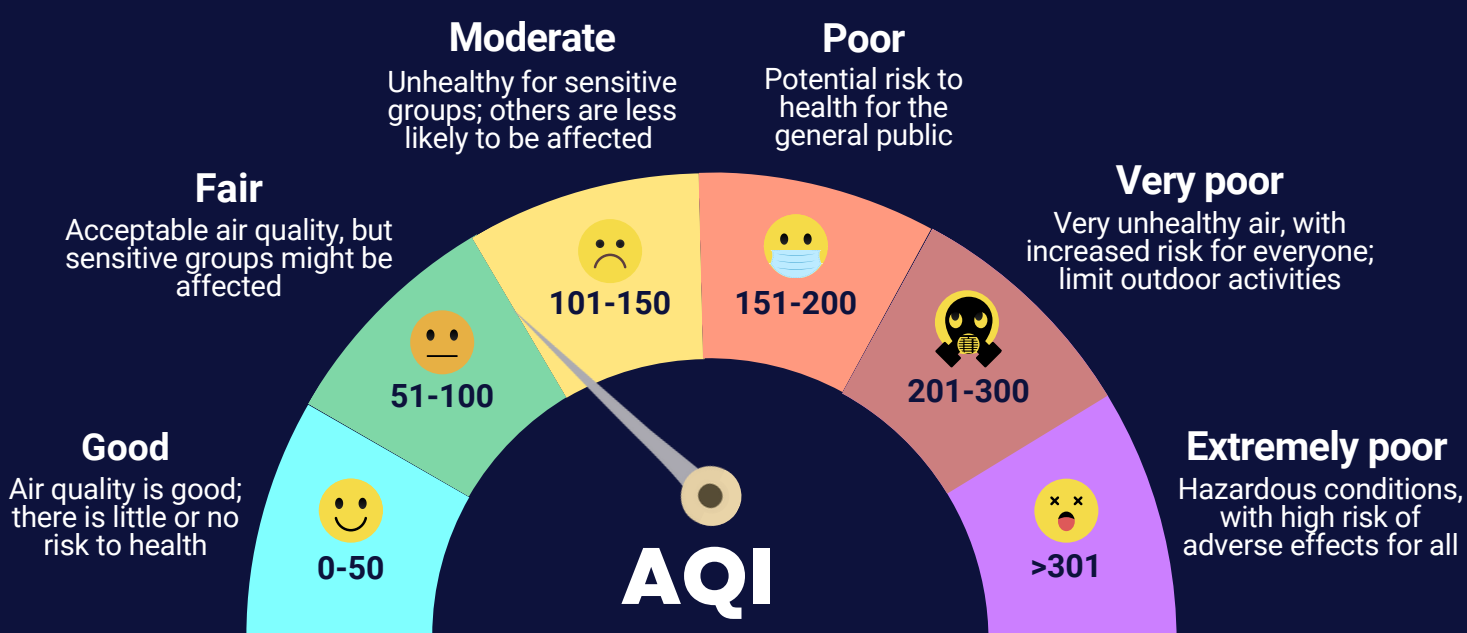


The **Air Quality Index (AQI)** is an indicator of how polluted the air is at a specific area. This depends on the concentration of different pollutants in the air, for example fine particulate matter (PM_{2.5}), nitrogen dioxide (NO₂) or ozone (O₃).

In 2021,

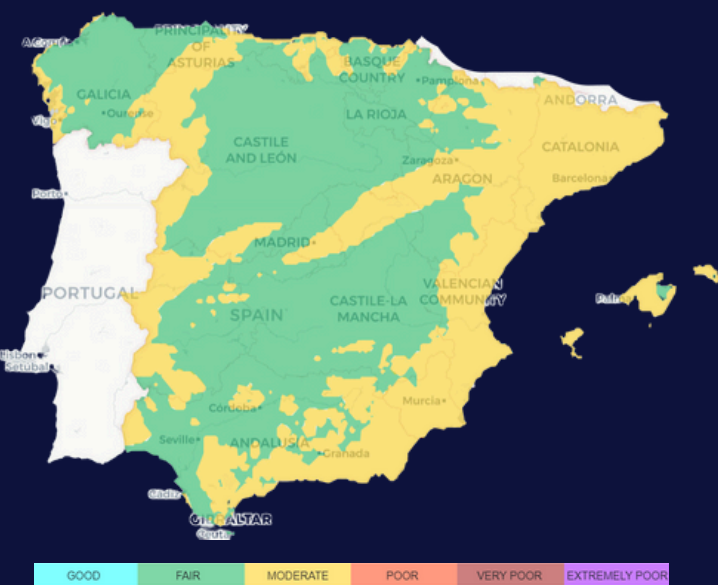
over 97% of people in urban areas

were exposed to PM_{2.5} levels above those recommended by the World Health Organization (2021).



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**.



The AQI is published by governments and other authorities, and 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.

The map of Spain on the left is an example of the AQI forecast provided by the CALIOPE system for 4 May 2023. The air quality was forecasted to be moderate in the eastern coast and other regions of Spain.

Source: CALIOPE, BSC.

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.



Small children



Elderly individuals



Pregnant women



People with cardiovascular & respiratory conditions

PROTECT YOUR HEALTH

When the AQI is high:

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