

# Recommendations for Outdoor Physical Activity during Smoky Conditions

This guide is intended to help you make decisions on outdoor activities when it's smoky outside.

Group information is listed below.

<i>Length of Outdoor Physical Activity</i>	<b>Good for Groups (1 – 3)</b>	<b>Moderate for Group 1 Individuals</b>	<b>Unhealthy for Group 1 &amp; 2 Individuals</b>	<b>Unhealthy for Group 1 - 3 Individuals</b>	<b>Very Unhealthy for Group 1 - 3 Individuals</b>	<b>Hazardous for Group 1 – 3 Individuals</b>
	<b>Visibility <math>\geq</math> 11 miles</b>	<b>Visibility 6 - 10 miles</b>	<b>Visibility 3 – 5 miles</b>	<b>Visibility 1.5 – 2.75 miles</b>	<b>Visibility 1 – 1.25 miles</b>	<b>Visibility &lt; 1 mile</b>
30 Minutes	<b>No Restrictions</b>	<b>Group 1 Individuals should monitor or reduce physical activity.</b>	<b>Groups 1 &amp; 2 should limit time spent outdoors or reduce physical activity.</b>	<b>Groups 1 &amp; 2 should avoid the outdoors and Group 3 should reduce physical activity.</b>	<b>All Groups should avoid the outdoors and physical activity.</b>	<b>All Groups should avoid the outdoors and physical activity.</b>
1 Hour	<b>No Restrictions</b>	<b>Group 1 Individuals should monitor or reduce physical activity.</b>	<b>Groups 1 &amp; 2 should considerably limit time spent outdoors and reduce physical activity.</b>	<b>All Groups should avoid the outdoors and physical activity.</b>		
2 Hours or More	<b>No Restrictions</b>	<b>Group 1 Individuals should limit prolonged physical activity.</b>	<b>Groups 1 &amp; 2 should avoid the outdoors and Group 3 should reduce physical activity.</b>	<b>All Groups should avoid the outdoors and physical activity.</b>		

## WHICH GROUP ARE YOU IN?

<u>Group 1 Individuals</u>	<u>Group 2 Individuals</u>	<u>Group 3 Individuals</u>
This group includes those with respiratory or heart disease, angina, pulmonary disease, asthma, emphysema or any other disease that may be impacted by any level of smoke.	This group includes those with asthma, or recent respiratory infections, those who experience seasonal allergies, work outside, or in general are more sensitive to the acute effects of smoke.	This group includes those who are more resistant to the short term effects of smoke. Healthy people may also experience adverse effects of smoke depending on duration and exposure.