

## What actions should I take?

The AQHI system provides different health advice as below for people having different degree of susceptibility to air pollution, including: people with existing heart or respiratory illnesses, children and the elderly, outdoor workers, and general public.

### Recommended Precautionary Actions

Health Risk Category	AQHI	People who are sensitive to Air Pollution		Outdoor Workers*	General Public
		People with existing heart or respiratory illnesses#	Children and the Elderly		
 <b>LOW</b>	<b>1 – 3</b>	No response action is required.	No response action is required.	No response action is required.	No response action is required.
 <b>MODERATE</b>	<b>4 – 6</b>	No response action is normally required. Individuals who are experiencing symptoms are advised to <b>consider reducing</b> outdoor physical exertion.	No response action is required.	No response action is required.	No response action is required.
 <b>HIGH</b>	<b>7</b>	People with existing heart or respiratory illnesses are advised to <b>reduce</b> outdoor physical exertion, and to <b>reduce</b> the time of their stay outdoors, especially in areas with heavy traffic. They should also seek advice from a medical doctor before participating in sport activities and take more breaks during physical activities.	Children and the elderly are advised to <b>reduce</b> outdoor physical exertion, and to <b>reduce</b> the time of their stay outdoors, especially in areas with heavy traffic.	No response action is required.	No response action is required.
 <b>VERY HIGH</b>	<b>8 – 10</b>	People with existing heart or respiratory illnesses are advised to <b>reduce to the minimum</b> outdoor physical exertion, and to <b>reduce to the minimum</b> the time of their stay outdoors, especially in areas with heavy traffic.	Children and the elderly are advised to <b>reduce to the minimum</b> outdoor physical exertion, and to <b>reduce to the minimum</b> the time of their stay outdoors, especially in areas with heavy traffic.	Employers of outdoor workers performing heavy manual work are advised to assess the risk of outdoor work, and take appropriate preventive measures to protect the health of their employees such as <b>reducing</b> outdoor physical exertion, and <b>reducing</b> the time of their stay outdoors, especially in areas with heavy traffic.	The general public is advised to <b>reduce</b> outdoor physical exertion, and to <b>reduce</b> the time of their stay outdoors, especially in areas with heavy traffic.
 <b>SERIOUS</b>	<b>10+</b>	People with existing heart or respiratory illnesses are advised to <b>avoid</b> outdoor physical exertion, and to <b>avoid</b> staying outdoors, especially in areas with heavy traffic.	Children and the elderly are advised to <b>avoid</b> outdoor physical exertion, and to <b>avoid</b> staying outdoors, especially in areas with heavy traffic.	Employers of all outdoor workers are advised to assess the risk of outdoor work, and take appropriate preventive measures to protect the health of their employees such as <b>reducing</b> outdoor physical exertion, and <b>reducing</b> the time of their stay outdoors, especially in areas with heavy traffic.	The general public is advised to <b>reduce to the minimum</b> outdoor physical exertion, and to <b>reduce to the minimum</b> the time of their stay outdoors, especially in areas with heavy traffic.

\*The advice does not apply to outdoor workers who are sensitive to air pollution.

# Such as coronary heart disease and other cardiovascular diseases, asthma and chronic obstructive airways diseases including chronic bronchitis and emphysema.

Note:

1. As the health effects on individuals may vary, you should seek advice from a medical doctor if you are in doubt or feel uncomfortable. If you are suffering with existing heart or respiratory illnesses (such as coronary heart disease and other cardiovascular diseases, asthma and chronic obstructive airways diseases including chronic bronchitis and emphysema), you should follow your doctor's advice on the amount of physical exercise and the management of your illness under different air quality health index bands. If you are a smoker, you should quit smoking now!

2. Outdoor workers need to be aware of the potential impact on their health at times when the AQHI reaches "Very High" or "Serious" health risk, and seek advice from a medical doctor if they are in doubt of their health condition or suffer from any chest or breathing discomfort. They should inform their employers of the medical advice so that suitable work arrangements can be worked out.

3. The amount of physical exercise that should be performed differs according to the individual's physical capacity, and should be tailored to one's own physical condition. Ask your doctor for advice.

4. Schools are advised to ensure their school children will avoid physical exertion when AQHI reaches 10+ with serious health risk.

