

Supplementary Materials:

An Overview of Experiences Made and Tools Used to Inform the Public on Ambient Air Quality

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EUROPE

UNITED KINGDOM

Table S1. Air Quality Index in United Kingdom.

Class	Index category	O ₃ µg/m ³ running 8-hour	NO ₂ µg/m ³ 1-hour	SO ₂ µg/m ³ 15 min	PM _{2.5} µg/m ³ 24-hour*	PM ₁₀ µg/m ³ 24-hour*
1	Low	0-33	0-67	0-88	0-11	0-16
2	Low	34-66	68-134	89-177	12-23	17-33
3	Low	67-100	135-200	178-266	24-35	34-50
4	Moderate	101-120	201-267	267-354	36-41	51-58
5	Moderate	121-140	268-334	355-443	42-47	59-66
6	Moderate	141-160	335-400	444-532	48-53	67-75
7	High	161-187	401-467	533-710	54-58	76-83
8	High	188-213	468-534	711- 887	59-64	84-91
9	High	214-240	535-600	888- 1064	65-70	92-100
10	Very High	241 or more	601 or more	1065 or more	71 or more	101 or more

* daily mean concentration for historical data, latest 24 hour running mean for the current day

SPAIN

Table S2. Air Quality Index in Spain.

Index category	SO₂ µgm⁻³ 1-hour	PM_{2.5} µgm⁻³ 24-hour*	PM₁₀ µgm⁻³ 24-hour*	O₃ µgm⁻³ running 8-hour	NO₂ µgm⁻³ 1-hour
Buena	0-100	0-10	0-20	0-50	0-40
Razonablemente buena	101-200	11-20	21-40	51-100	41-90
Regular	201-350	21-25	41-50	101-130	91-120
Desfavorable	351-500	26-50	51-100	131-240	121-230
Muy desfavorable	501-750	51-75	101-150	241-380	231-340
Extremadamente desfavorable	751-1250	76-800	151-1200	381-800	341-1000

* latest 24 hour running mean

FRANCE

Table S3. Air Quality Index in France.

Index category	PM_{2.5} µgm⁻³ 24-hour**	PM₁₀ µgm⁻³ 24-hour**	NO₂ µgm⁻³ 1-hour*	O₃ µgm⁻³ 1-hour*	SO₂ µgm⁻³ 1-hour*
Bon	0-10	0-20	0-40	0-50	0-100
Moyen	11-20	21-40	41-90	51-100	101-200
Degrade	21-25	41-50	91-120	101-130	201-350
Mauvais	26-50	51-100	121-230	131-240	351-500
Tres Mauvais	51-75	101-150	231-340	241-380	501-750
Extremement Mauvais	>75	>150	>340	>380	>750

* the maximum of the hourly concentrations of the day

** maximum of the daily averages

GERMANY

Table S4. Air Quality Index in Germany.

Index category	NO₂ µg/m³ 1-hour	PM₁₀ µg/m³ running 24-hour	O₃ µg/m³ 1-hour
very poor	> 200	> 100	> 240
poor	101-200	51-100	181-240
moderate	41-100	36-50	121-180
good	21-40	21-35	61-120
very good	0-20	0-20	0-60

EUROPEAN UNION

Table S5. Harmonized Air Quality Index for the European Union.

Index category	PM _{2.5} µgm ⁻³ 24-hour*	PM ₁₀ µgm ⁻³ 24-hour*	NO ₂ µgm ⁻³ 1-hour	O ₃ µgm ⁻³ 1-hour	SO ₂ µgm ⁻³ 1-hour
Good	0-10	0-20	0-40	0-50	0-100
Fair	10-20	20-40	40-90	50-100	100-200
Moderate	20-25	40-50	90-120	100-130	200-350
Poor	25-50	50-100	120-230	130-240	350-500
Very poor	50-75	100-150	230-340	240-380	500-750
Extremely poor	75-800	150-1200	340-1000	380-800	750-1250

* 24-hour running means (if at least 24 hours are available)

Table S6. Air quality standards for the protection of human health, as given in the European Ambient Air Quality Directives.

Pollutant	Averaging period	Concentration	Kind of standard
PM ₁₀	24-hour	50 µg/m ³	Limit value, not to be exceeded on more than 35 days per year
	year	40 µg/m ³	Limit value
PM _{2.5}	year	25 µg/m ³	Limit value
		0-20% reduction in exposure	National exposure reduction target based on the Average exposure indicator (AEI) ¹
O ₃	maximum daily 8-hour mean	120 µg/m ³	Target value, not to be exceeded on more than 25 days per year, averaged over 3 years
		120 µg/m ³	Long-term objective
	1-hour	180 µg/m ³	Information threshold
		240 µg/m ³	Alert threshold
NO ₂	1-hour	200 µg/m ³	Limit value, not to be exceeded on more than 18 hours per year
		400 µg/m ³	Alert threshold, to be measured over 3 consecutive hours over 100 km ² or an entire zone
BaP	year	40 µg/m ³	Limit value
	year	1 ng/m ³	Target value

SO ₂	1-hour	350 µg/m ³	Limit value, not to be exceeded on more than 24 hours per year
		500 µg/m ³	Alert threshold, to be measured over 3 consecutive hours over 100 km ² or an entire zone
	24-hour	125 µg/m ³	Limit value, not to be exceeded on more than 3 days per year
CO	maximum daily 8-hour mean	10 mg/m ³	Limit value
Benzene	year	5 µg/m ³	Limit value
Pb	year	0.5 µg/m ³	Limit value
As	year	6 ng/m ³	Target value
Cd	year	5 ng/m ³	Target value
Ni	year	20 ng/m ³	Target value

Table S7. Health messages associated to AQI.

AQ index	General population	Sensitive population
Good	The air quality is good. Enjoy your usual outdoor activities	The air quality is good. Enjoy your usual outdoor activities
Fair	Enjoy your usual outdoor activities	Enjoy your usual outdoor activities
Moderate	Enjoy your usual outdoor activities	Consider reducing intense outdoor activities, if you experience symptoms
Poor	Consider reducing intense activities outdoors, if you experience symptoms such as sore eyes, a cough or sore throat	Consider reducing physical activities, particularly outdoors, especially if you experience symptoms
Very poor	Consider reducing intense activities outdoors, if you experience symptoms such as sore eyes, a cough or sore throat	Reduce physical activities, particularly outdoors, especially if you experience symptoms
Extremely poor	Reduce physical activities outdoors	Avoid physical activities outdoors

AMERICA

USA

Table S8. USA National Air Quality Standards (NAAQS) for the regulated pollutants.

Pollutant	Primary/ Secondary	Averaging Time	Level	Statistical Form of the standard
Carbon Monoxide (CO)	primary	8 hours	9 ppm	Not to be exceeded more than once per year
		1hour	35 ppm	

<u>Lead</u> <u>(Pb)</u>		primary and secondary	Rolling month average	3-	0.15 µg/m ³ (1)	Not to be exceeded
Nitrogen Dioxide (NO ₂)		primary	1hour		100 ppb	98 th percentile of 1-hour daily maximum concentrations, averaged over 3 years
		primary and secondary	1year		53 ppb (2)	Annual Mean
Ozone (O ₃)		primary and secondary	8 hours		0.070 ppm (3)	Annual fourth-highest daily maximum 8- hour concentration, averaged over 3 years
<u>Particulate Matter</u> <u>(PM)</u>	PM 2.5	primary	1year		12.0 µg/m ³	annual mean, averaged over 3 years
		secondary	1year		15.0 µg/m ³	annual mean, averaged over 3 years
		primary and secondary	24 hours		35 µg/m ³	98 th percentile, averaged over 3 years
	PM 10	primary and secondary	24 hours		150 µg/m ³	Not to be exceeded more than once per year on average over 3 years
Sulfur Dioxide (SO ₂)		primary	1hour		75 ppb (4)	99 th percentile of 1-hour daily maximum concentrations, averaged over 3 years
		secondary	3 hours		0.5 ppm	Not to be exceeded more than once per year

Table S9. USA AQI levels and concentration pollutants breakpoints.

Values of AQI	Levels of Concern	of	CO (ppm) 8-hour	SO ₂ (ppb) 1-hour	NO ₂ (ppb) 1-hour	PM _{2.5} (µg/m ³) 24-hour	PM ₁₀ (µg/m ³) 24-hour	O ₃ (ppm) 8-hour	O ₃ (ppm) 1-hour
0 - 50	Good		0.0 - 4.4	0 - 35	0 - 53	0.0 - 12.0	0 - 54	0.000-0.054	
51- 100	Moderate		4.5 - 9.4	36 - 75	54 - 100	12.1- 35.4	55 - 154	0.055 - 0,070	
101- 150	Unhealthy for Sensitive Groups		9.5 - 12.4	76 - 185	101- 360	35.5 - 55.4	155 - 254	0.071- 0,085	0.125 - 0,164

151- 200	Unhealthy	12.5 - 15.4	(186 - 304)	361- 649	(55.5 - 150.4)	255 - 354	0.086 - 0,105	0.165 - 0,204
201 - 300	Very unhealthy	15.5 - 30.4	(305 - 604)	650 - 1249	(150.5 - -250.4	355 - 424	0.106 - 0,200	0.205 - 0,404
301- 400	Hazardous	30.5 - 40.4	(605 - 804)	1250 - 1649	(250.5 - (350.4)	425 - 504		0.405 - 0.504
401 - 500	Hazardous	40.5 - 50.4	(805 - 1004)	1650 - 2049	(350.5 - 500.4)	505 - 604		0.505 - 0.604

Table S10. USA EPA AQI health messages.

AQI Value	Health Message
0-50	None
51-100	Unusually sensitive people should reduce prolonged or heavy exertion
101-150	Sensitive people should reduce prolonged or heavy exertion
151-200	Sensitive people should reduce prolonged or heavy exertion; general public should reduce prolonged or heavy exertion.
201-300	Sensitive groups should avoid all physical activity outdoors; general public should avoid prolonged or heavy exertion.
301-500	Everyone should avoid all physical activity outdoors

CANADA

Table S11. National Ambient Air Quality Objectives & Guidelines in Canada.

Pollutant	Averaging Time	Maximum Desirable Level	Maximum Acceptable Level	Maximum Tolerable Level
Sulphur dioxide (SO ₂)	annual	11 ppb	23 ppb	
	24 hours	57 ppb	115 ppb	306 ppb
	1 hour	172 ppb	334 ppb	
Total susp. particulate (TSP)	annual	60 µg/m ³	70 µg/m ³	
	24 hours		120 µg/m ³	400 µg/m ³
Carbon Monoxide (CO)	8 hours	5 ppm	13 ppm	17 ppm

Nitrogen Dioxide (NO ₂)	1hour	13 ppm	31 ppm	
	annual	32 ppb	53 ppb	
	24hours		106 ppb	160 ppb
Ozone (O ₃)	1hour		213 ppb	532 ppb
	annual		15 ppb	

Table S12. Canadian Ambient Air Quality Standards (CAAQS).

Pollutant	Averaging time	Standard (numerical value)			Statistical form of the standard
		Effective in 2015	Effective in 2020	Effective in 2025	
Ozone	8-hour	63 ppb	62 ppb	60 ppb	The 3-year average of the annual 4th highest of the daily- maximum 8-hour average concentrations.
Fine particulate matter (PM2.5)	24-hour	28 µg/m ³	27 µg/m ³	Under review	The 3-year average of the annual 98th percentile of the daily 24-hour average concentrations.
	Annual	10.0 µg/m ³	8.8 µg/m	Under review	The 3-year average of the annual average of the daily 24-hour average concentrations.
Sulphur Dioxide (SO ₂)	1-hour	--	70 ppb	65 ppb	The 3-year average of the annual 99th percentile of the daily-maximum 1-hour average concentrations.
	Annual	--	5.0 ppb	4.0 ppb	The arithmetic average over a single calendar year of all 1-hour average concentrations.
Nitrogen Dioxide (NO ₂)	1-hour	--	60 ppb	42 ppb	The 3-year average of the annual 98th percentile of the daily-maximum 1-hour average concentrations.
	Annual	--	17.0 ppb	12.0 ppb	The arithmetic average over a single calendar year of all 1-hour average concentrations.

Table S13. Classification breakpoints for the Canadian AQI.

Canadian AQI classes	CO (ppm) 1 hour	SO₂ (ppb) 1 hour	NO₂ (ppb) 1 hour	O₃ (ppb) 1 hour	PM_{2.5} (µg/m³) 3 hour	TRS *(ppb) 1 hour
Very good (AQI: 0 - 15)	0-12.49	0-79	0-50	0-23	0-12	0-5.49
Good (AQI: 16 -31)	12.50-22.49	80-169	51-110	24-50	13-22	5.50-10.49
Moderate (AQI: 32 - 49)	22.50-30.49	170-250	111-200	51-80	23-45	10.50- 27.49
Poor (AQI: 50 - 99)	30.50-49.49	251- 1999	201-524	81-149	46-90	27.50- 999.49
Very poor (AQI: 100+)	≥ 49.50	≥ 2000	≥ 525	≥ 150	≥ 91	≥ 999.50

*Total Reduced Sulphur (TRS)

Table S14. Canadian AQI health messages.

Table 5.1: Canadian AQI health messages.						
Category	CO (1 hour)	SO2 (1 hour)	NO2 (1 hour)	O3 (1 hour)	PM2.5 (3 -hour)	TRS (1 hour)
Very good (AQI: 0 - 15)	No health effects are expected in healthy people.	No health effects are expected in healthy people.	No health effects are expected in healthy people.	No health effects are expected in healthy people.	Sensitive populations may want to exercise caution.	No health effects are expected in healthy people.
Good (AQI: 16 - 31)	No health effects are expected in healthy people.	Damages some vegetation in combination with ozone.	Slight odor.	No health effects are expected in healthy people.	Sensitive populations may want to exercise caution.	Slight odor.
Moderate (AQI: 32 - 49)	Blood chemistry changes but no noticeable impairment.	Damages some vegetation.	Odor.	Respiratory irritation in sensitive people during vigorous exercise; people with heart/lung disorders at some risk; damage to very sensitive plants. Sensitive people may experience irritation when breathing and possible lung damage when physically active; people with heart/lung disorders at greater risk; damage to some plants.	People with respiratory disease at some risk.	Odor
Poor (AQI: 50 - 99)	Increased symptoms in smokers with heart disease.	Odor; increasing vegetation damage.	Air smells and looks brown. Some increase in bronchial reactivity in asthmatics.	People with respiratory disease should limit prolonged exertion; general population at some risk.	Strong Odor	
Very poor (AQI: 100+)	Increasing symptoms in non-smokers with heart disease; blurred vision; some clumsiness.	Increasing sensitivity for asthmatics and people with bronchitis.	Increasing sensitivity for asthmatics and people with bronchitis.	Serious respiratory effects, even during light physical activity; people with heart/lung disorders at high risk; more vegetation damage.	Serious respiratory effects even during light physical activity; people with heart disease, the elderly and children at high risk; increased risk for general population.	Severe odor; some people may experience nausea and headache.

MEXICO

Table S15. National Ambient Air Quality Standards in Mexico.

Pollutant	Standard	Averaging Time	Form	
Ozone	0.095 ppm	1-hour	Not to be exceeded over a period of one year	
Carbon Monoxide	0.070 ppm	8-hours	75th percentile over a period of one year	
	11.00 ppm	8-hours	Not to be exceeded more than once per year	
Sulphur Dioxide	0.110 ppm	24-hours	Not to be exceeded more than once per year	
Nitrogen Dioxide	0.025 ppm	Annual	Not to be exceeded	
	0.210 ppm	1-hour	Not to be exceeded more than once per year	
Particle Pollution	PM10	75 µg/m³	24-hours	75th percentile of each hour concentration per day. averaged over a period of one year
		40 µg/m³	Annual	75th percentile of each 24-hour concentration per trimester.averaged over one year (at least 3 trimesters)
	PM2.5	45 µg/m³	24-hours	75th percentile of each hour concentration per day. averaged over a period of one year
		12 µg/m³	Annual	75th percentile of each 24-hour concentration per trimester.averaged over one year (at least 3 trimesters)
Lead	1.5 µg/m³	3 months	Not to be exceeded	

Table S16. Mexico (Aire y Salud) index classes and breakpoints.

AQI class	Air Quality	NO ₂ ppm 1-hour	SO ₂ ppm 24-hour mov ave	CO ppm 8-hour mov ave	O ₃ ppm 1-hour	O ₃ ppm 8-hour mov ave	PM ₁₀ µg/m ³ 12-hour mov ave	PM _{2.5} µg/m ³ 12-hour mov ave
0-50	Good	0.107	≤ 0.008	≤8.75	≤ 0.051	≤ 0.051	≤ 50	≤ 25
51-100	Acceptable	0.107- 0.210	0.008- 0.110	8.75-11.00	0.051- 0.095	0.051- 0.070	50-75	25-45
101-150	Bad	0.210- 0.230	0.110 - 0.165	11.00- 13.30	0.095- 0.135	0.070- 0.092	75-155	45-79
151-200	Very Bad	0.230- 0.250	0.165- 0.220	13.30- 15.50	0.135- 0.175	0.092- 0.114	155-235	79-147
>201	Extremely bad	>0.250	>0.220	>15.50	> 0.175	> 0.114	>235	>147

ARGENTINA

Table S17. Limit values for the main pollutants in the city of Buenos Aires (GCABA, 2006) and WHO guidelines (2005).

Pollutant	Averaging time	CABA		WHO	
		µg m ³	ppb	µg m ³	ppb
PM10	24 hours	150		50	
	1 year	50		20	
PM2.5	24 hours	65		25	
	1 year	15		10	
O3	1 hour	235	120		
	8 hours	157	80	100	51
NO2	1 hour	376	200	200	106
	1 year	100	53	40	21
SO2	3 hours	1300	500		
	24 hours	365	140	20	8
CO	1 year	80	30		
	1 hour	40000	35000	30000	2625
Pb	8 hours	10000	9000	10000	9000
	3 months	1.5			
	1 year			0.5	

Table S18. Classification breakpoints of the Índice de Calidad de Aire (ICA) in Argentina.

ICA categories	ICA rank	Meaning
Good	0-50	Air quality is considered satisfactory and air pollution presents little or no risk.
Moderate	51-100	Air quality is acceptable but for some pollutants there could be a moderate concern for the health of a very small group of people who are exceptionally sensitive to environmental pollution.
Unhealthy for sensitive groups	101-150	Members of sensitive groups may experience health effects. It probably won't affect people in general.
Unhealthy	151-200	Everyone can begin to have health effects, and members of sensitive groups may have more serious effects.
Very Unhealthy	201-300	Health warnings of emergency conditions. The whole population is more likely to be affected.
Dangerous	301-500	Health alert: everyone can suffer more serious health effects.

Note: Values above 500 are considered above the Air Quality Index (ICA).

BOLIVIA

Table S19. Limit values for the main pollutants in Bolivia.

Pollutants	Concentration	Statistical parameter and Averaging time
Carbon Monoxide	10 mg/m ³	8 hours
	10 mg/m ³	1 hour
Sulphur dioxide	80 µg/m ³	year
	365 µg/m ³	24 hours
	150 µg/m ³	24 hours
	400 µg/m ³	1 hour
Total suspended particulate	260 µg/m ³	24 hours
	75 µg/m ³	Geometric Average; year
PM10	150 µg/m ³	24 hours
	50 µg/m ³	Geometric Average; year
Ozone	236 µg/m ³	Maximum average; 1 hour
Lead	1.5 µg/m ³	3 months

Where not specified, the parameter is the arithmetic mean.

Source: D.S. 24176 RMCA 08/12/1995 (Anexo 1).

Table S20. Air quality index classes and prevention indications in Bolivia.

AQI Category	Index Value	Risk	Meaning and Prevention Actions
Good	1-50	Very low	The air quality is considered satisfactory, and no health risks are present. No prevention actions are required.
Regular	51-100	Low	The air quality is acceptable, without restrictions few people of very susceptible health classes have a moderate risk.
Bad	101-150	Moderate	People of health risk groups may have some health effects. Indications: Avoid open-air areas, consider wearing masks. General population is unlikely affected.
Very bad	151-300	Bad	General population may begin experiencing health effects, whereas people of health risk groups may have strong health effects. Indications: Avoid open-air areas, consider wearing masks, avoid physical exercise.
Extremely bad	>300	Very bad	Health Alert: General population may experience more serious health effects. It is recommended not to expose to open air, stay inside.

Risk groups: Children up to 5 years, pregnant women, elderly people and people with respiratory or cardiovascular diseases.

BRAZIL

Table S21. Brazilian NAQS, ad-interim targets set in 2018. Values set in 1990 are also indicated.

Pollutant	Averaging time	Mean concentration (µg/m³)				
		1990 NAQS	IT-1	IT-2	IT-3	2018 NAQS
PM ₁₀	year	50	40	35	30	20
	24-hours	150	120	100	15	50
PM _{2.5}	year		20	17	15	10
	24-hours		60	50	37	25
O ₃	8-hours		140	130	120	100
	1-hour	160				
NO ₂	year	100	60	50	45	40
	1-hour	320	260	240	220	200
SO ₂	year	80	40	30	20	
	24-hours	365	125	50	30	20
CO	8-hours	9				9
Pb	year					0.5
TSPM		240				240

Table S22. Brazilian Limits for AQI determined in Resolution Number 491 (2018) and values used by SMAC and CETESB.

	PM ₁₀	PM _{2.5}	O ₃	CO	NO ₂	SO ₂
	(µg m ³)	(µg m ³)	(µg m ³)	(ppm)	(µg m ³)	(µg m ³)
	(24-hour)	(24-hour)	(1 hour)	(8-hour)	(1 hour)	(24-hour)
AQI limits (2018 Brazilian NAQS (Resolution Number 491))						
Good (0-40)	0-50		0-100	0-9	0-200	0-20
AQI limits (SMAC)						
Good (0-50)	0-50		0-80	0-4	0-100	0-80
Regular (51-100)	51-150		81- 160	4.1-9	101-320	81-365
Inadequate/unhealthy (101-200)	151-250		161-200	9.1-15	321 -1130	366-800
Bad (201-300)	251-420		201-800	15.1-30	1131-2260	801-1600
Very Bad (>300)	>420		>800	>30	>2260	>1600
AQI limits (CETESB)						
Good (0-40)	0-50	0-25	0-100	0-9	0-200	0-20
Moderate (41-80)	50-100	25-50	100-130	9-11	200-240	20-40
Bad (81-120)	100-150	50-75	130-160	11-13	240-320	40-365
Very Bad (121-200)	150-250	75-125	160-200	13-15	320-1130	365-800
Extremely Bad (>200)	250-600	125-300	200-800	15-50	1130-3750	800-2620

SMAC: Municipal Department of the Environment; CETESB: São Paulo State Environmental Agency.

CHILE

Table S23. Air quality standards approved by CONAMA (25/04/2001) in Chile.

Pollutant	Standard ($\mu\text{g}/\text{m}^3$)	Averaging Time
PM10 ¹	150	24-hour*
	50	year (average of three consecutive years)
Sulphur dioxide (SO ₂)	250	24-hour (average of three consecutive years)**
	80	year (average of three consecutive years)
Ozone (O ₃)	120	8-hour (average of three consecutive years)**
Carbon Monoxide (CO)	30	1-hour (of three consecutive years)**
	10	8-hour (of three consecutive years)**
Nitrogen dioxide (NO ₂)	400	1-hour (of three consecutive years)**
	100	year (average of three consecutive years)
Lead (Pb) ²	0.5	year (average of two consecutive years)

¹DS 59/1998 and DS 45/2002²DS 136/2000

* 98th Percentile

** 99th Percentile

Table S24. Levels that define critical episodes of contamination in Chile.

	PM₁₀	O₃		NO₂	CO
Levels	($\mu\text{g}/\text{m}^3$)	($\mu\text{g}/\text{m}^3$)	SO₂ ($\mu\text{g}/\text{m}^3$)	($\mu\text{g}/\text{m}^3$)	(mg/m^3)
Averaging time	24-hours	1-hour	1-hour	1-hour	8-hours
Level 1	195-239	400-790	1962-2615	1130-2259	17-33
Level 2	240-329	800-999	2616-3923	2260-2999	34-39
Level 3	≥330	≥1000	≥3924	≥3000	≥40

Table S25. Classes of the ICAP index in Chile.

ICAP		Category	PM10 ($\mu\text{g}/\text{m}^3$)	Level	State
0-100	Good	0	0	0	
101-200	Regular	100	150	0	
201-300	Bad	200	195	1	Alert
301-400	Critical	300	240	2	Preemergency
401-500	Dangerous	400	285	2	Preemergency
>501	Excessive	500	330	3	Emergency

COLOMBIA

Table S26. Maximum acceptable level of criteria air pollutants in Colombia.

Pollutant	Maximum acceptable level ($\mu\text{g}/\text{m}^3$)	Averaging period
PM ₁₀	50	year
	75*	24-hour
PM _{2.5}	25	year
	37*	24-hour
SO ₂	50	24-hour
	100	1-hour
NO ₂	60	year
	200	1-hour
O ₃	100	8-hour
CO	5	8-hour
	35000	1-hour

* Limit values in force from 01/01/2018 replacing the former (respectively of 100 and 50 $\mu\text{g}/\text{m}^3$ for PM₁₀ and PM_{2.5}).

Table S27. Maximum acceptable level of toxic air pollutants in Colombia.

Pollutants	Maximum acceptable level ($\mu\text{g}/\text{m}^3$)	Averaging time
Benzene	5	year
Lead	0.5	year
Cadmium	0.005	year
Mercury	1	year
Toluene	260	1 week
	1000	30 minutes
Nickel	0.180	year
Benzo(a)pyrene	0.001	year

Table S28. Indice de Calidad del Aire warning messages and breakpoints in Colombia.

Indice de Calidad del Aire			ICA Breakpoints						
ICA	Colour	Class	PM ₁₀ µg/m ³ 24-hour	PM _{2.5} µg/m ³ 24-hour	CO µg/m ³ 8-hour	SO ₂ µg/m ³ 1-hour	NO ₂ µg/m ³ 1-hour	O ₃ µg/m ³ 8-hour	O ₃ µg/m ³ 1-hour
0-50	Green	Buena (Good)	0-54	0-12	0 - 5094	0 -93	0-100	0 -106
51-100	Yellow	Aceptable (Acceptable)	55-154	13-37	5095 - 10819	94 - 197	101- 189	107- 138
101-150	Orange	Dañina a la salud de Grupos Sensibles (Harmful for sensitive groups)	155-254	38 -55	10820 - 14254	198- 486	190- 677	139- 167	245 - 323
151 - 200	Red	Dañina a la salud (Harmful for health)	255-354	56-150	14255- 17688	487- 797	678- 1221	168- 207	324 - 401
201-300	Purple	Muy dañina a la salud (Very Harmful for health)	355-424	151-250	17689- 34862	798- 1583	1222- 2349	208- 393	402 - 794
301-500	Maroon	Peligrosa (Dangerous)	425-604	251- 500	34863- 57703	1584- 2629	2350- 3853	394	795 - 1185

PERU

Table S29. Peruvian Air quality standards set by Supreme Decree N° 003-2017-MINAM074-2001-PCM.

Pollutant	Averaging time	Value (µg/m ³)	Evaluation Criteria
Benzene (C ₆ H ₆)	Year	2	Yearly average
Sulphur dioxide (SO ₂)	24-hours	250	not more than 7 times a year
Nitrogen dioxide (NO ₂)	1-hour	200	not more than 24 times a year
	Year	100	Yearly average
PM _{2.5}	24-hours	50	not more than 7 times a year
	Year	25	Yearly average
PM ₁₀	24-hours	100	not more than 7 times a year
	Year	50	Yearly average
Total Gaseous Mercury (Hg)*	24-hours	2	Not to be exceeded
Carbon Monoxide (CO)	1-hour	30000	not more than once a year
	8-hours	10000	Rolling average

Ozone (O ₃)	8-hours	100	Maximum daily average not more than 24 times a year
Lead (Pb)	Month	1.5	not more than 4 times a year
	Year	0.5	Monthly average
Hydrogen Sulphide (H ₂ S)	24-hours	150	

* The environmental quality standard for Total Gaseous Mercury will come into effect the day after the publication of the National Protocol for Monitoring the Environmental Quality of the Air, in accordance with the provisions of the Seventh Final Complementary Provision of this Supreme Decree.

Table S30. Classification breakpoints for the Índice de Calidad del Aire (INCA) in Peru.

Pollutant	Concentrations Range (µg/m3)	Averaging period	Equation
PM ₁₀			
0-50	0-75	24-hour	I(PM10)=[PM10]*100/150
51-100	76-150		
101-167	151-250		
>167	>250		
PM _{2.5}			
0-50	0-12.5	24-hour	I(PM2.5)=[PM2.5]*100/25
51-100	12.6-25		
101-500	25.-125		
>500	>125		
SO ₂			
0-50	0-10	24-hour	I(SO2)=[SO2]*100/20
51-100	11-20		
101-625	21-500		
>625	>500		
NO ₂			
0-50	0-100	1 -hour	I(NO2)=[NO2]*100/200
51-100	101-200		
101-150	201-300		
>150	>300		
CO			
0-50	0-5049	8-hours	I(CO)=[CO]*100/10000
51-100	5050-10049		
101-625	10050-15049		
>625	>15050		

O₃			
0-50	0-60	8-hours	I(O ₃)=[O ₃]*100/120
51-100	61-120		
101-175	121-210		
>175	>210		
H₂S			
0-50	0-75	24-hours	I(H ₂ S)=[H ₂ S]*100/150
51-100	76-150		
101-1000	151-1500		
>1000	>1500		

Table S31. Classification of the Índice de Calidad del Aire (INCA) and related warning messages in Peru.

Classification		Warning Messages	Recommendations
Buena (Good)		The air quality is satisfactory and doesn't represent a risk for the health.	The air quality is acceptable and complies with the EC. Outdoor activities may be carried out.
Moderada (Moderate)		Sensitive population (children, elderly people, pregnant women, people with respiratory and cardiovascular illnesses) could experience some health problems.	The air quality is acceptable and complies with the EC. Outdoor activities may be carried out with some restrictions for sensitive population.
Mala (Bad)		Sensitive population may experience some health problems. General population might be affected.	Keep informed on air quality. Avoid outdoor exercise and activities in open air.
Umbral de cuidado (Alert Threshold)	de	The pollutant concentration may cause health effects on general population and serious effects on sensitive population (children, elderly people, pregnant women, people with respiratory and cardiovascular illnesses).	Refer to Health Authority which declares Alert levels according to the current legislation.

URUGUAY

Table S32. Uruguayan Air quality standards set by Regulation 2020-14-1-0000343 till 31st December 2023.

Pollutant	Averaging time	Limit Value (µg/m³)	Tolerance not to be exceeded
CO	1-hour	30000	
	Max 8-hour mov	10000	
NO ₂	1-hour	200	260 µg/m ³ for 18 hours in the year
	1 year	40	
O ₃	Max 8-hour mov	100	160 µg/m ³ for 25 days on a three years average
SO ₂	1-hour	300	450 µg/m ³ 24 hours in the year
	24-hour	50	125 µg/m ³ for 3 days in the year
PM _{2.5}	24-hour	35	54 µg/m ³ for 30 days in the year
	1 year	25	

PM ₁₀	24-hour	75	112 µg/m ³ for 15 days in the year
	1 year	30	
Pb	1 year	0.5	
Total reduced sulphur	30 minutes	10	15 µg/m ³ for 40 times (30 min average) in the year
	24-hour	7	11 µg/m ³ for 10 days in the year

Table S33. ICAire classification in Uruguay.

Level	Index Value	Classification	Message
Level 1	0-25	Muy Buena (Very good)	Optimal air quality
Level 1	26-50	Buena (Good)	Situation favorable to all kind of activities
Level 2	51-100	Aceptable (Acceptable)	Air quality acceptable for the majority of people.
Level 3	101-200	Inadecuada (Inadequate)	Appearance of nuisance in sensitive people.
Level 4	201-300	Mala (Bad)	Appearance of nuisance and intolerance in people with respiratory illnesses.
Level 5	301-400	Muy Mala (Very bad)	Appearance of symptoms and intolerance in general population.

Table S34. Reference values employed in ICAire calculation in Uruguay.

Level	PTS (µg/m ³) 24-hour	PM10 (µg/m ³) 24-hour	Black Smoke (µg/m ³) 24-hour	SO ₂ (µg/m ³) 24-hour	NO ₂ (µg/m ³) 1-hour	CO (µg/m ³) 8-hour	O ₃ (µg/m ³) 8-hour
1	60	50	50	20	40	4.5	80
2	100	75	75	50	75	7	100
4	150	100	100	125	200	10	160
5	375	150	150	365	500	15	240
6	563	225	225	550	1130	22	540
7	845	340	340	825	2260	33	1080

ASIA

INDIA

Table S35. India's ambient air quality standards.

Pollutant	Averaging time	Concentration	
		Industrial, Residential, rural and other Areas	Ecologically Sensitive Areas
PM ₁₀	24-hour	100 µg/m ³	100 µg/m ³
	year	60 µg/m ³	60 µg/m ³
PM _{2.5}	24-hour	60 µg/m ³	60 µg/m ³
	year	40 µg/m ³	40 µg/m ³
NO ₂	24-hour	80 µg/m ³	80 µg/m ³
	year	40 µg/m ³	30 µg/m ³
SO ₂	24-hour	80 µg/m ³	80 µg/m ³
	year	50 µg/m ³	20 µg/m ³
O ₃	1-hour	180 µg/m ³	180 µg/m ³
	8-hour	100 µg/m ³	100 µg/m ³
CO	1-hour	4 mg/m ³	4 mg/m ³
	8-hour	2 mg/m ³	2 mg/m ³
Pb	24-hour	1 µg/m ³	1 µg/m ³
	year	0.50 µg/m ³	0.50 µg/m ³
NH ₃	24-hour	400 µg/m ³	400 µg/m ³
	year	100 µg/m ³	100 µg/m ³
BaP	year	1 ng/m ³	1 ng/m ³
C ₆ H ₆	year	5 µg/m ³	5 µg/m ³
As	year	6 ng/m ³	6 ng/m ³
Ni	year	20 ng/m ³	20 ng/m ³

Source: The Gazette of India, 2009; CPCB, 2014.

Table S36. India's AQI classification.

AQI category (Range)	PM ₁₀ (µg/m ³) 24-hour	PM _{2.5} (µg/m ³) 24-hour	NO ₂ (µg/m ³) 24-hour	O ₃ (µg/m ³) 8-hour	CO (mg/m ³) 8-hour	SO ₂ (µg/m ³) 24-hour	NH ₃ (µg/m ³) 24-hour	Pb (µg/m ³) 24-hour
GOOD (0-50)	0-50	0-30	0-40	0-50	0-1.0	0-40	0-200	0-0.5
SATISFACTORY (51-100)	51-100	31-60	41-80	51-100	1.1-2.0	41-80	201-400	0.6-1.0
MODERATE (101-200)	101-250	61-90	81-180	101-168	2.1-10	81-380	401-800	1.1-2.0

POOR (201-300)	251-350	91-120	181-280	169-208	10.1-17	381-800	801-1200	2.1-3.0
VERY POOR (301-400)	351-430	121-250	281-400	209-748	17.1-34	801-1600	1201-1800	3.1-3.5
SEVERE (401-500)	430+	250+	400+	748+	34+	1600+	1800+	3.5+

Source: CPCB, 2014 .

Table S37. India's AQI health statements.

AQI	Associated Health Impacts
Good (0-50)	Minimal Impact
Satisfactory (51-100)	May cause minor breathing discomfort to sensitive people
Moderate (101-200)	May cause breathing discomfort to the people with lung disease such as asthma and discomfort to people with heart disease, children and older adults
Poor (201-300)	May cause breathing discomfort to people on prolonged exposure and discomfort to people with heart disease
Very Poor (301-400)	May cause respiratory illness to the people on prolonged exposure. Effect may be more pronounced in people with lung and heart diseases
Severe (401-500)	May cause respiratory effects even on healthy people and serious health impacts on people with lung/ heart diseases. The health impacts may be experienced even during light physical activity

Source: CPCB, 2014.

Table S38. Information available for India.

Information
<ul style="list-style-type: none"> • AQI Status • AQI BULLETIN • ABOUT NATIONAL AIR QUALITY INDEX • HOW IS AQI CALCULATED • NATIONAL NETWORK • LIMITATIONS • BROAD GUIDELINES FOR PUBLIC • AQI CALCULATOR

REPUBLIC OF KOREA

Table S39. Republic of Korea's ambient air quality standards.

Pollutant	Averaging time	Concentration
PM ₁₀	24-hour	100 µg/m ³ or less
	year	50 µg/m ³ or less
PM _{2.5}	24-hour	35 µg/m ³ or less
	year	15 µg/m ³ or less
NO ₂	1-hour	0.10 ppm or less
	24-hour	0.06 ppm or less
	year	0.03 ppm or less
SO ₂	1 hr	0.15 ppm or less
	24-hour	0.05 ppm or less
	year	0.02 ppm or less
O ₃	1-hour	0.1 ppm or less
	8-hour	0.06 ppm or less
CO	1-hour	25 ppm or less
	8-hour	9 ppm or less
Pb	year	0.5 µg/m ³ or less
Benzene	year	5 µg/m ³ or less

Table S40. Republic of Korea's AQI classification.

Description		SO ₂ (ppm) 1-hour	CO (ppm) 1-hour	O ₃ (ppm) 1-hour	NO ₂ (ppm) 1-hour	PM ₁₀ (µg/m ³) 24-hour	PM _{2.5} (µg/m ³) 24-hour
AQI Values							
Good	BP _{LO}	0	0	0	0	0	0
0-50	BP _{HI}	0.02	2	0.03	0.03	30	15
Moderate	BP _{LO}	0.021	2.1	0.031	0.031	31	16
51-100	BP _{HI}	0.05	9	0.09	0.06	80	35
Unhealthy	BP _{LO}	0.051	9.1	0.091	0.061	81	36
101-250	BP _{HI}	0.15	15	0.15	0.2	150	75
Very unhealthy	BP _{LO}	0.151	15.1	0.151	0.201	151	76
251-500	BP _{HI}	1	50	0.6	2	600	500

Table S41. Republic of Korea's AQI health statements.

Values of CAQI	Health Effects
Good 0-50	A level that will not impact patients suffering from diseases related to air pollution

Moderate 51-100	A level which may have a meager impact on patients in case of chronic exposure
Unhealthy 101-250	A level that may have harmful impacts on patients and members of sensitive groups (children, aged or weak people), and also cause the general public unpleasant feelings
Very unhealthy 251-350	A level which may have a serious impact on patients and members of sensitive groups in case of acute exposure, and that even the general public can be weakly affected
Very unhealthy 351-500	A level which may need to take emergency measures for patients and members of sensitive groups and have harmful impacts on the general public

Table S42. Information available for Republic of Korea.

Information
<ul style="list-style-type: none"> • Hourly Trends (hourly, monthly, annual) • Air Quality Watch • Air Quality Calendar • Metropolitan Air Quality • Level of Local Air Quality • Station Information • Data Screening • Air Quality Standards • O3 Alert • Publications • Links

CHINA

Table S43. China's National Air Quality Standards.

Pollutant	Averaging time		Class 1	Class 2
SO ₂	1-hour		150 µg/m ³	500 µg/m ³
	24-hour		50 µg/m ³	150 µg/m ³
	year		20 µg/m ³	60 µg/m ³
NO ₂	1-hour		200 µg/m ³	200 µg/m ³
	24-hour		80 µg/m ³	80 µg/m ³
	year		40 µg/m ³	40 µg/m ³
CO	1-hour		10 mg/m ³	10 mg/m ³
	24-hour		4 mg/m ³	4 mg/m ³
O ₃	1-hour		160 µg/m ³	200 µg/m ³
	daily, maximum	8-hour	100 µg/m ³	160 µg/m ³
PM ₁₀	24-hour		50 µg/m ³	150 µg/m ³
	year		40 µg/m ³	70 µg/m ³
PM _{2.5}	24-hour		35 µg/m ³	75 µg/m ³
	year		15 µg/m ³	35 µg/m ³
Total Suspended Particles	24-hour		120 µg/m ³	300 µg/m ³
	year		80 µg/m ³	200 µg/m ³
NO _x	1-hour		250 µg/m ³	250 µg/m ³
	24-hour		100 µg/m ³	100 µg/m ³
	year		50 µg/m ³	50 µg/m ³
Lead (Pb)	seasonal		1 µg/m ³	1 µg/m ³
	year		0.5 µg/m ³	0.5 µg/m ³
Benzo(a)pyrene	24-hour		0.0025 µg/m ³	0.0025 µg/m ³
	year		0.001 µg/m ³	0.001 µg/m ³

Table S44. China's AQI classification.

IAQI	PM ₁₀ (µg/m ³) 24-hour	PM _{2.5} (µg/m ³) 24-hour	NO ₂ (µg/m ³) 24-hour	SO ₂ (µg/m ³) 24-hour	1-h peak O ₃ (µg/m ³) 1-hour	8-h peak O ₃ (µg/m ³) 8-hour	CO (mg/m ³) 24-hour
50	50	35	40	50	160	100	2
100	150	75	80	150	200	160	4
150	250	115	180	475	300	215	14
200	350	150	280	800	400	265	24
300	420	250	565	1600	800	800	36
400	500	350	750	2100	1000		48
500	600	500	940	2620	1200		60

Source: Chen et al 2016 [27].

Table S45. Chinese Indicators for Air Quality Index.

Air Quality Index (AQI)	Level of AQI	Categories of AQI
0-50	level 1	Excellent
51-100	level 2	Good
101-150	level 3	Slight pollution
151-200	level 4	Moderate pollution
201-300	level 5	Heavy pollution
>300	level 6	Serious pollution

Source: Zhan, 2018 [28]

THAILAND

Table S46. Thailand's ambient air quality standards.

Pollutant	Time period	Concentration
TSP	24-hour	330 µg/m ³
	year	100 µg/m ³
PM ₁₀	24-hour	120 µg/m ³
	year	50 µg/m ³
PM _{2.5}	24-hour	50 µg/m ³
	year	25 µg/m ³
SO ₂	1-hour	786 µg/m ³ (0.3 ppm)
	24-hour	314 µg/m ³ (0.12 ppm)
	year	105 µg/m ³ (0.04 ppm)
NO ₂	1-hour	320 µg/m ³ (0.17 ppm)
	year	56 µg/m ³ (0.03 ppm)
O ₃	1-hour	200 µg/m ³ (0.10 ppm)
	8-hour	140 µg/m ³ (0.07 ppm)
CO	1-hour	34.2 mg/m ³ (30 ppm)
	8-hour	10.3 mg/m ³ (9 ppm)
Pb	1-month	1.5 µg/m ³

Source: Pollution Control Department, 2002; EANET, 2020.

<https://documents1.worldbank.org/curated/en/710411468778515943/pdf/263950PAPER0English0Thailand0Env0Monitor.pdf>

https://www.eanet.asia/wp-content/uploads/2020/04/12-Thailand_Factsheet_compressed.pdf

Table S47. Thailand's AQI classification.

AQI	PM _{2.5}	PM ₁₀	O ₃	CO	NO ₂	SO ₂
	(µg/m ³)	(µg/m ³)	(ppb)	(ppm)	(ppb)	(ppb)
	<i>24-hour</i>	<i>24-hour</i>	<i>8-hour</i>	<i>8-hour</i>	<i>1-hour</i>	<i>1-hour</i>
0-25	0-25	0-50	0-35	0-4.4	0-60	0-100
26-50	26-37	51-80	36-50	4.5-6.4	61-106	101-200
51-100	38-50	81-120	51-70	6.5-9.0	107-170	201-300
101-200	51-90	121-180	71-120	9.1-30.0	171-340	301-400
≥ 201	≥ 91	≥ 181	≥ 121	≥ 30.1	≥ 341	≥ 401

Source: BangkokAirQuality, 2021 and Phruksahiran, 2021 [29]

Table S48. Thailand's AQI Health messages.

AQI	Associated Health Impacts
Very good quality – AQI 0-25	Very good air quality suitable for outdoor activities and tourism Good
Good quality – AQI 26-50	Good air quality can do outdoor activities and travel as usual
Medium – AQI 51-100	General people: can do outdoor activities as usual. People who need special health care: If there are basic symptoms such as coughing, difficulty breathing, eye irritation, should reduce the duration of outdoor activities.
Began to affect health – AQI 101-200	General people: should monitor health If there are basic symptoms such as coughing, difficulty breathing, eye irritation, should reduce the duration of outdoor activities. Or use self-protection equipment if necessary. People who need special health care: should reduce the duration of outdoor activities or use self-protection equipment if necessary If there are health symptoms such as coughing, dyspnea, eye inflammation, chest tightness, headache, irregular heartbeat, nausea, fatigue, consult a doctor.
Affecting health – AQI > 201	Everyone should avoid all kinds of outdoor activities. Avoid areas with high air pollution or use self-protection equipment if necessary If there is a health condition, consult a doctor

AUSTRALIA

Table S49. Australia's ambient air quality standards.

Pollutant	Averaging period	Concentration
CO	8 hours	9.0 ppm
NO ₂	1 hour	0.08 ppm
	1 year	0.015 ppm
Photochemical oxidants (as ozone)	8 hours	0.065 ppm
SO ₂	1 hour	0.10 ppm
	1 day	0.02 ppm
Lead	1 year	0.50 µg/m ³
PM ₁₀	1 day	50 µg/m ³
	1 year	25 µg/m ³
PM _{2.5}	1 day	25 µg/m ³
	1 year	8 µg/m ³

Source: Australian Government, 2021.

Table S50. Air Quality Categories (AQC) cut-off values in New South Wales (Australia).

AQI	O ₃	NO ₂	Visibility	CO	SO ₂	PM ₁₀	PM _{2.5}	
			Neph					
	(pphm)	(pphm)	(bsp)	(ppm)	(pphm)	(µg/m ³)	(µg/m ³)	
	1-hour	4-hour	1-hour	8-hour	1-hour	1-hour	1-hour	
		rolling		rolling				
GOOD	<6.7	<5.4	<8	<1.5	<6.0	<13.3	<50	<25
FAIR	6.7-10.0	5.4-8.0	8-12	1.5-3.0	6.0-9.0	13.3-20.0	50-100	25-50
POOR	10.0-15.0	8.0-12.0	12-18	3.0-6.0	9.0-13.5	20.0-30.0	100-200	50-100
VERY POOR	15.0-20.0	12.0-16.0	18-24	6.0-18.0	13.5-18.0	30.0-40.0	200-600	100-300
EXTREMELY POOR	>20.0	>16.0	>24	>18.0	>18.0	>40.0	>600	>300

Source: <https://www.environment.nsw.gov.au/topics/air/understanding-air-quality-data/air-quality-categories>

Table S51. AQI health messages in New South Wales's (Australia).

AQIC	General health advice and recommended actions	
	Sensitive groups including:	Everyone else:
	<p>people with a heart or lung condition, including asthma people over the age of 65 infants and children pregnant women</p>	
GOOD	<ul style="list-style-type: none"> • NO CHANGE needed to your normal outdoor activities. 	<ul style="list-style-type: none"> • NO CHANGE needed to your normal outdoor activities.
FAIR	<ul style="list-style-type: none"> • REDUCE outdoor physical activity if you develop symptoms such as cough or shortness of breath. • Consider closing windows and doors until outdoor air quality is better. • Follow the treatment plan recommended by your doctor. • If you are concerned about symptoms call the 24-hour Health Direct helpline on 1800 022 222 or see your doctor. • In a health emergency, call triple zero (000) for an ambulance. 	<ul style="list-style-type: none"> • NO CHANGE needed to your normal outdoor activities.
POOR	<ul style="list-style-type: none"> • AVOID outdoor physical activity if you develop symptoms such as cough or shortness of breath. • When indoors, close windows and doors until outdoor air quality is better. • Follow the treatment plan recommended by your doctor. • If you are concerned about symptoms call the 24-hour HealthDirect helpline on 1800 022 222 or see your doctor. • In a health emergency, call triple zero (000) for an ambulance. 	<ul style="list-style-type: none"> • REDUCE outdoor physical activity if you develop symptoms such as cough or shortness of breath.
VERY POOR	<ul style="list-style-type: none"> • STAY INDOORS as much as possible with windows and doors closed until outdoor air quality is better. • If you feel that the air in your home is uncomfortable, consider going to a place with cleaner air (such as an air-conditioned 	<ul style="list-style-type: none"> • AVOID outdoor physical activity if you develop symptoms such as cough or shortness of breath.

	<p>building like a library or shopping centre) if it is safe to do so.</p> <ul style="list-style-type: none"> • Actively monitor symptoms and follow the treatment plan recommended by your doctor. • If you are concerned about symptoms call the 24-hour HealthDirect helpline on 1800 022 222 or see your doctor. • In a health emergency, call triple zero (000) for an ambulance. 	<ul style="list-style-type: none"> • When indoors, close windows and doors until outdoor air quality is better. • If you are concerned about symptoms call the 24-hour HealthDirect helpline on 1800 022 222 or see your doctor. • In a health emergency, call triple zero (000) for an ambulance.
EXTREMELY POOR	<ul style="list-style-type: none"> • STAY INDOORS with windows and doors closed until outdoor air quality is better and reduce indoor activity. • If you feel that the air in your home is uncomfortable, consider going to a place with cleaner air (such as an air-conditioned building like a library or shopping centre) if it is safe to do so. • Actively monitor symptoms and follow the treatment plan recommended by your doctor. • If you are concerned about symptoms call the 24-hour Health Direct helpline on 1800 022 222 or see your doctor. • In a health emergency, call triple zero (000) for an ambulance. 	<ul style="list-style-type: none"> • STAY INDOORS as much as possible with windows and doors closed until outdoor air quality is better. • If you feel that the air in your home is uncomfortable, consider going to a place with cleaner air (such as an air-conditioned building like a library or shopping centre) if it is safe to do so. • If you are concerned about symptoms call the 24-hour HealthDirect helpline on 1800 022 222 or see your doctor. • In a health emergency, call triple zero (000) for an ambulance.

Source: <https://www.environment.nsw.gov.au/topics/air/understanding-air-quality-data/air-quality-categories>