

空氣品質指標(AQI)與活動建議

空氣品質 指標 (AQI)	0~50	51~100	101~150	151~200	201~300	301~500
對健康的影響	良好	普通	對敏感族群不良	對所有族群不良	非常不良	有害
	Good	Moderate	Unhealthy for Sensitive Groups	Unhealthy	Very Unhealthy	Hazardous
代表顏色	綠	黃	橘	紅	紫	褐紅
一般民眾 活動建議	正常戶外活動。	正常戶外活動。	1.一般民眾如果有不適，如眼痛，咳嗽或喉嚨痛等， 應該考慮減少 戶外活動。 2.學生 仍可進行 戶外活動，但 建議減少 長時間劇烈運動。	1.一般民眾如果有不適，如眼痛，咳嗽或喉嚨痛等， 應減少 體力消耗，特別是減少戶外活動。 2.學生 應避免 長時間劇烈運動，進行其他戶外活動時 應增加 休息時間。	1.一般民眾 應減少 戶外活動。 2.學生 應立即停止 戶外活動，並將課程調整於室內進行。	1.一般民眾 應避免 戶外活動，室內應緊閉門窗，必要外出應配戴口罩等防護用具。 2.學生 應立即停止 戶外活動，並將課程調整於室內進行。
敏感性族群 活動建議	正常戶外活動。	極特殊敏感 族群建議注意可能產生的咳嗽或呼吸急促症狀，但仍可正常戶外活動。	1.有心臟、呼吸道及心血管疾病患者、孩童及老年人， 建議減少 體力消耗活動及戶外活動，必要外出應配戴口罩。 2.具有氣喘的人可能需增加使用吸入劑的頻率。	1.有心臟、呼吸道及心血管疾病患者、孩童及老年人， 建議留在室內並減少 體力消耗活動，必要外出應配戴口罩。 2.具有氣喘的人可能需增加使用吸入劑的頻率。	1.有心臟、呼吸道及心血管疾病患者、孩童及老年人 應留在室內並減少 體力消耗活動，必要外出應配戴口罩。 2.具有氣喘的人 應增加 使用吸入劑的頻率。	1.有心臟、呼吸道及心血管疾病患者、孩童及老年人 應留在室內並避免 體力消耗活動，必要外出應配戴口罩。 2.具有氣喘的人 應增加 使用吸入劑的頻率。

Air Quality Index and Activity Guidance

Air Quality Index (AQI)	0~50	51~100	101~150	151~200	201~300	301~500
Air Quality Index Levels of Health Concern	Good	Moderate	Unhealthy for Sensitive Groups	Unhealthy	Very Unhealthy	Hazardous
Status Color	Green	Yellow	Orange	Red	Purple	Maroon
Activity Guidance for the General Public	Enjoy your usual outdoor activities.	Enjoy your usual outdoor activities.	1. Everyone experiencing discomfort such as sore eyes, cough or sore throat should consider reducing outdoor activities. 2. For students, it's ok to be active outside, but are recommended to reduce prolonged strenuous exercise.	1. Everyone experiencing discomfort such as sore eyes, cough or sore throat should reduce physical exertion, particularly outdoors. 2. Students should avoid prolonged strenuous exercise, and take more breaks during outdoor activities.	1. Everyone should reduce outdoor activities. 2. Students should stop outdoor activities and move all activities and classes indoors.	1. Everyone should avoid outdoor activities and keep doors and windows closed. If it is necessary to go out, please wear a mask. 2. Students should stop outdoor activities and move all activities and classes indoors.
Activity Guidance for Sensitive Groups	Enjoy your usual outdoor activities.	Unusually sensitive groups are recommended to watch for symptoms such as coughing or shortness of breath, but can still be active outside.	1. People with heart, respiratory and cardiovascular problems, children, teenagers and older adults are recommended to reduce physical exertion and outdoor activities. 2. People with asthma may need to use their reliever inhalers more often.	1. People with heart, respiratory and cardiovascular problems, children, teenagers and older adults are recommended to stay indoors and reduce physical exertion. If it is necessary to go out, please wear a mask. 2. People with asthma may need to use their reliever inhalers more often.	1. People with heart, respiratory and cardiovascular problems, children, teenagers and older adults should stay indoors and reduce physical exertion. If it is necessary to go out, please wear a mask. 2. People with asthma should use their reliever inhalers more often.	1. People with heart, respiratory and cardiovascular problems, children, teenagers and older adults should stay indoors and avoid physical exertion. If it is necessary to go out, please wear a mask. 2. People with asthma should use their reliever inhalers more often.