

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. | <p>1. Everyone experiencing discomfort such as sore eyes, cough or sore throat should consider reducing outdoor activities.</p> <p>2. For students, it's ok to be active outside, but are recommended to reduce prolonged strenuous exercise.</p> | <p>1. Everyone experiencing discomfort such as sore eyes, cough or sore throat should reduce physical exertion, particularly outdoors.</p> <p>2. Students should avoid prolonged strenuous exercise, and take more breaks during outdoor activities.</p> | <p>1. Everyone should reduce outdoor activities.</p> <p>2. Students should stop outdoor activities and move all activities and classes indoors.</p> | <p>1. Everyone should avoid outdoor activities and keep doors and windows closed. If it is necessary to go out, please wear a mask.</p> <p>2. Students should stop outdoor activities and move all activities and classes indoors.</p> |
| 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. | <p>1. People with heart, respiratory and cardiovascular problems, children, teenagers and older adults are recommended to reduce physical exertion and outdoor activities.</p> <p>2. People with asthma may need to use their reliever inhalers more often.</p> | <p>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.</p> <p>2. People with asthma may need to use their reliever inhalers more often.</p> | <p>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.</p> <p>2. People with asthma should use their reliever inhalers more often.</p> | <p>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.</p> <p>2. People with asthma should use their reliever inhalers more often.</p> |