As we prepare to celebrate Independence Day, it is important to recognize how fireworks adversely affect air quality. Smoke from fireworks contains high levels of small particulate matter that can travel deep into the lungs. Worse yet, this particulate matter often contains high levels of unhealthy chemicals and metals used to create the vivid colors normally seen in firework displays, but that can also contribute to negative health effects. Due to the increased use of fireworks on and around July 4th, we may experience the worst air pollution and Air Quality Index (AQI) levels of the year. In fact, air quality levels during this time are often worse than during wildfires.

To see the air quality in your area, visit LA Unified’s Know Your Air Network at achieve.lausd.net/knowyourairnetwork or utilize the AirVisual app found at www.iqair.com/air-quality-app. The Know Your Air Network consists of 200 outdoor air quality sensors located on school campuses throughout LA Unified. The sensors measure fine particulate matter (PM2.5). You may also visit www.aqmd.gov for additional regional air quality information.

The AQI may reach the Very Unhealthy category or higher on the evening of July 4th through the early afternoon of July 5th. Here’s what to do when air pollution reaches unhealthful levels:

**When the AQI is 101 – 150, air quality may be Unhealthy for Sensitive Groups.** Although the general public is not likely to be affected at this AQI range, people with heart or lung disease, older adults and children are at a greater risk from exposure to air pollution. People with heart or lung disease, older adults, and children should reduce prolonged or heavy exertion.

**When the AQI is 151 – 200, air quality may be Unhealthy.** Everyone may begin to experience some adverse health effects, and members of the sensitive groups may experience more serious effects. People with heart or lung disease, older adults, and children should avoid prolonged or heavy exertion. Everyone else should reduce prolonged or heavy exertion.

**When the AQI is 201 – 300, air quality may be Very Unhealthy.** Everyone may experience more serious health effects. People with heart or lung disease, older adults, and children should avoid all physical activity outdoors. Everyone else should avoid prolonged or heavy exertion.

If you have any questions, please contact us at OEHSQuestions@lausd.net, (213) 241-3199 or visit our website at https://achieve.lausd.net/oehs.