



# SOUTH COAST AIR QUALITY MANAGEMENT DISTRICT

## AIR QUALITY FORECAST



Forecast Valid Saturday, May 25, 2024

Issue Date: Friday, May 24, 2024

Area	Forecast Area	AQI	AQI Description	Pollutant	Cleanest Time of Day *
1	Central Los Angeles County	50	GOOD	PM2.5	<a href="#">Similar all day</a>
2	Northwest Coastal Los Angeles Co.	50	GOOD	PM2.5	<a href="#">Similar all day</a>
3	Southwest Los Angeles County Co.	50	GOOD	PM2.5	<a href="#">Similar all day</a>
4	South Coastal Los Angeles Co.	50	GOOD	PM2.5	<a href="#">Similar all day</a>
5	Southeast Los Angeles Co.	50	GOOD	PM2.5	<a href="#">Similar all day</a>
6	West San Fernando Valley	50	GOOD	PM2.5	<a href="#">Similar all day</a>
7	East San Fernando Valley	53	MODERATE	PM2.5	<a href="#">Similar all day</a>
8	West San Gabriel Valley	53	MODERATE	PM2.5	<a href="#">Similar all day</a>
9	East San Gabriel Valley	53	MODERATE	PM2.5	<a href="#">Similar all day</a>
10	Pomona/Walnut Valley	53	MODERATE	PM2.5	<a href="#">Similar all day</a>
11	South San Gabriel Valley	44	GOOD	PM2.5	<a href="#">Similar all day</a>
12	South Central Los Angeles Co.	50	GOOD	PM2.5	<a href="#">Similar all day</a>
13	Santa Clarita Valley	56	MODERATE	PM2.5	<a href="#">Similar all day</a>
14	Antelope Valley	55	MODERATE	PM2.5	<a href="#">Similar all day</a>
15	San Gabriel Mountains	44	GOOD	PM2.5	<a href="#">Similar all day</a>
16	North Orange County	44	GOOD	PM2.5	<a href="#">Similar all day</a>
17	Central Orange County	44	GOOD	PM2.5	<a href="#">Similar all day</a>
18	North Coastal Orange County	44	GOOD	PM2.5	<a href="#">Similar all day</a>
19	Saddleback Valley	44	GOOD	PM2.5	<a href="#">Similar all day</a>
20	Central Coastal Orange County	44	GOOD	PM2.5	<a href="#">Similar all day</a>
21	Capistrano Valley	44	GOOD	PM2.5	<a href="#">Similar all day</a>
22	Corona/Norco Area	40	GOOD	Ozone	<a href="#">Similar all day</a>
23	Metropolitan Riverside County	53	MODERATE	PM2.5	<a href="#">Similar all day</a>
24	Perris Valley	44	GOOD	PM2.5	<a href="#">Similar all day</a>
25	Lake Elsinore Area	34	GOOD	Ozone	<a href="#">Similar all day</a>
26	Temecula Valley	56	MODERATE	PM10	<a href="#">Similar all day</a>
27	Anza Area	65	MODERATE	PM10	<a href="#">Similar all day</a>
28	Hemet/San Jacinto Valley	50	GOOD	PM2.5	<a href="#">Similar all day</a>
29	Banning/San Gorgonio Pass	50	GOOD	PM2.5	<a href="#">See advisory</a>
30	Coachella Valley	83	MODERATE	PM10	<a href="#">See advisory</a>
31	East Riverside County	44	GOOD	PM10	<a href="#">Similar all day</a>
32	Northwest San Bernardino Valley	55	MODERATE	PM2.5	<a href="#">Similar all day</a>
33	Southwest San Bernardino Valley	50	GOOD	PM2.5	<a href="#">Similar all day</a>
34	Central San Bernardino Valley	53	MODERATE	PM2.5	<a href="#">Similar all day</a>
35	East San Bernardino Valley	53	MODERATE	PM2.5	<a href="#">Similar all day</a>
36	West San Bernardino Mountains	53	MODERATE	PM2.5	<a href="#">Similar all day</a>
37	Central San Bernardino Mountains	44	GOOD	PM2.5	<a href="#">Similar all day</a>
38	East San Bernardino Mountains	44	GOOD	PM2.5	<a href="#">Similar all day</a>
39	Phelan	44	GOOD	Ozone	<a href="#">Similar all day</a>
40	Hesperia	50	GOOD	PM2.5	<a href="#">Similar all day</a>
41	Trona	58	MODERATE	Ozone	<a href="#">Similar all day</a>
42	Victorville	50	GOOD	PM2.5	<a href="#">Similar all day</a>
43	Yucca Valley	50	GOOD	PM2.5	<a href="#">Similar all day</a>
44	Barstow	50	GOOD	Ozone	<a href="#">Similar all day</a>
45	Twentynine Palms	55	MODERATE	PM2.5	<a href="#">Similar all day</a>

\* The **Cleanest Time of the Day** is based on forecasts of below-average AQI for PM2.5 and Ozone. These forecasts do not include PM10. They may differ from the actual AQI and users should also check the current AQI measurements at <http://www.aqmd.gov/aqimap> to plan outdoor activities.

### What To Do When Air Pollution Reaches Unhealthy Levels

In areas with **UNHEALTHY FOR SENSITIVE GROUPS** air quality (AQI of 101 to 150), sensitive or susceptible persons, including children, older adults and those with heart or lung disease, should minimize outdoor activity.

In areas with **UNHEALTHY** air quality (AQI of 151 to 200) or an **Ozone HEALTH ADVISORY Alert** (AQI of 132 to 200 for 1-hour ozone), everyone should discontinue prolonged, vigorous outdoor exercise lasting longer than one hour. Examples of the kinds of outdoor activities that should be avoided are calisthenics, basketball, running, soccer, football, tennis, swimming laps, and water polo. Susceptible persons, such as those with heart or lung disease, should avoid outdoor activity entirely.

In areas with **VERY UNHEALTHY** air quality (AQI of 201 or above) or an **Ozone STAGE-1 Alert** (AQI of 201 or above for 1-hour ozone), everyone should discontinue all vigorous outdoor activities regardless of duration.

Detailed Air Quality Forecasts Including Wildland & Agricultural Burn Forecasts:

<http://www.aqmd.gov/forecast>

**Daily Air Quality Forecasts and Advisories by Email** -- Subscribe or Modify Settings at:

<http://www.airalerts.org>

AQMD Web Site for Current AQMD Air Quality Measurements, Forecasts and Advisories:

<http://www.aqmd.gov/>

or by **Telephone** with our Interactive Voice Response System: **1-800-CUT-SMOG** (1-800-288-7664)

Contact AQMD: 1-800-CUT-SMOG or (909) 396-2000

Forecast Area Map:

<http://www.aqmd.gov/ForecastAreas>