

# Index Scale and Weather Information

## Index Scale

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- The Air Quality Health Index is a 1-10 scale indicating the level of health risk associated with local air quality. The higher the number the greater the health risk and the greater need to take precautions.
- The index descriptors associated with these numbers are: 'low', 'moderate', 'high', or 'very high'.
- Exposure Category:
  - Low = 1-3
  - Moderate = 4-6
  - High = 7-10
  - Very High = 11+
- Manitoba Air Quality Health Index [weather.gc.ca](http://weather.gc.ca)

## Weather Information

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- What to listen for:
  - Special Air Quality Statement: High risk air quality of level 7 or higher for less than 3 hours
  - Smog & Air Health Advisory: High risk air quality of level 7 or higher for 3 hours or more