Outdoor Physical Activity During Inversions Use this chart to track the PM2.5 level and your symptoms

To track symptoms

- Identify your symptoms (e.g., coughing, wheezing, eye, nose or throat irritation, etc.). Symptoms can be felt immediately or one or more days after PM2.5 exposure.
- Check current PM2.5 levels at www.airquality.utah.gov. Click on "current conditions."
- Adjust your activities to reduce or eliminate your symptoms.
- Talk to your doctor about symptoms.

	Date	PM2.5 Level	Symptoms	Activity
Example	Jan 5	35 ug/m^3	Coughing	Running outside for 30 minutes