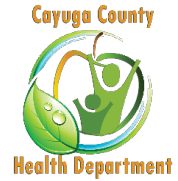




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For Immediate Release: Thursday, June 8, 2023 @ 9:30am

Update on Air Quality Alert for Cayuga County

At the time of this release, the outdoor air quality level for Cayuga County is now Unhealthy on the [Air Quality Index \(AQI\) scale](#).

People with heart or lung disease, older adults, children and teens – take any of these steps to reduce your exposure:

- Avoid strenuous outdoor activities.
- Keep outdoor activities short.
- Consider moving physical activities indoors or rescheduling them.

Everyone else – take any of these steps to reduce your exposure:

- Choose less strenuous activities (like walking instead of running) so you don't breathe as hard.
- Shorten the amount of time you are active outdoors.
- Be active outdoors when air quality is better.

These levels may change throughout the day. To stay up-to-date and informed visit the following websites:

- [National Weather Service](#)
- [Air Quality Index \(AQI\) scale](#)

For more information regarding the air quality advisory, please visit the NYSDEC website: <https://on.ny.gov/nyaqi> or call the Air Quality Hotline at 800-535-1345.
