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Rock County Public Health Department

NEWS RELEASE

FOR IMMEDIATE RELEASE

To: Local Media and Press Release Subscribers
From: Katrina Harwood, Health Officer
Date: June 27, 2023

Rock County Under "Unhealthy" Air Quality Alert

ROCK COUNTY, WI - As many of the public are aware, there is an Air Quality alert active for Rock County. The greater Rock County area is currently in the "Unhealthy" category as indicated in red on the graphic on page two. Please avoid or reduce heavy and prolonged exertion, consider indoor activities, and take breaks often if outdoors.

For more information, please use the [AirNow interactive map](#).

Rock County Public Health Department serves Rock County residents by improving population health outcomes and removing barriers through community partnerships to provide everyone the opportunity to reach their full health potential. Visit the Rock County Public Health Department [website](#) and follow them on [Facebook](#) and [Instagram](#). Please send all media inquiries to:

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Air Quality Guide for Particle Pollution

Harmful particle pollution is one of our nation's most common air pollutants. Use the chart below to help reduce your exposure and protect your health. For your local air quality forecast, visit www.airnow.gov

Air Quality Index	Who Needs to be Concerned?	What Should I Do?
Good (0-50)		It's a great day to be active outside.
Moderate (51-100)	Some people who may be unusually sensitive to particle pollution.	Unusually sensitive people: Consider reducing prolonged or heavy exertion. Watch for symptoms such as coughing or shortness of breath. These are signs to take it easier. Everyone else: It's a good day to be active outside.
Unhealthy for Sensitive Groups (101-150)	Sensitive groups include people with heart or lung disease, older adults, children and teenagers.	Sensitive groups: Reduce prolonged or heavy exertion. It's OK to be active outside, but take more breaks and do less intense activities. Watch for symptoms such as coughing or shortness of breath. People with asthma should follow their asthma action plans and keep quick relief medicine handy. If you have heart disease: Symptoms such as palpitations, shortness of breath, or unusual fatigue may indicate a serious problem. If you have any of these, contact your health care provider.
Unhealthy (151-200)	Everyone	Sensitive groups: Avoid prolonged or heavy exertion. Consider moving activities indoors or rescheduling. Everyone else: Reduce prolonged or heavy exertion. Take more breaks during outdoor activities.
Very Unhealthy (201-300)	Everyone	Sensitive groups: Avoid all physical activity outdoors. Move activities indoors or reschedule to a time when air quality is better. Everyone else: Avoid prolonged or heavy exertion. Consider moving activities indoors or rescheduling to a time when air quality is better.
Hazardous (301-500)	Everyone	Everyone: Avoid all physical activity outdoors. Sensitive groups: Remain indoors and keep activity levels low. Follow tips for keeping particle levels low indoors.