

Table 1. Individual regions of the MWISP survey

L range (deg)	B range (deg)	Angular area (deg ²)	Regions	Reference (ADS code)
[9.75, 20]	[-5.25, 5.25]	~100	L291, M17, M16, NGC 6604	
[20, 45]	[-5.25, 5.25]	~250	Aquila, W44, Phoenix, River	2017ApJS..230...17S, 2020ApJ...893...91S
[45, 60]	[-5.25, 5.25]	~100	W51, Vul Rift	
[60, 75]	[-5.25, 5.25]	~150	Vulpecula Rift	2023ApJS..267...30L
[75, 105]	[-5.25, 5.25]	~300	Cyg West, Cyg Rift, Sh2-106, Cyg X, NGC 7027, NGC 7000, Cyg OB7, IC 1396, Sh2-132	2020ApJS..248...15Z
[105, 120]	[-5.25, 5.25]	~150	Sh2-147, Cepheus OB3, NGC 7538, Cas A	2021ApJS..254....3M
[120, 130]	[-5.25, 5.25]	~100	Cepheus OB4, Sh2-187	2016ApJS..224....7D, 2025arXiv250814547Z
[130, 140]	[-5.25, 5.25]	~100	W3, W4, W5	2020ApJS..246....7S
[140, 150]	[-5.25, 5.25]	~100	AFGL 490	2017ApJS..229...24D
[150, 170]	[-5.25, 5.25]	~200	Sh2-212	2017ApJ...838...49X, 2022ApJ...938...44G
[170, 180]	[-5.25, 5.25]	~100	Sh2-235, SIM 147	2019ApJ...880...88X
[180, 190]	[-5.25, 5.25]	~100	GGD4	2017ApJS..230....5W
[190, 200]	[-5.25, 5.25]	~100	Gem OB1, IC 443B, Sh2-258	2017ApJS..230....5W
[200, 210]	[-5.25, 5.25]	~100	Mon OB1, Rosette	2022ApJS..262...16M, 2023AJ....165..106W
[210, 220]	[-5.25, 5.25]	~100	Maddalena	2019ApJ...885...19Y
[220, 229.75]	[-5.25, 5.25]	~100	CMa OB1	2021ApJS..252...20L