

Recommendations for Schools and Others Responsible for Children during a Wildfire Smoke Event

Health Recommendations for Schools, Coaches, and Event Coordinators regarding student exposure to fine particles (smoke and dust) air pollution

Air Quality Conditions					
→Check current air quality first at www.ncuaqmd.org then use this chart.					
Activity	GOOD	MODERATE	UNHEALTHY FOR SENSITIVE GROUPS (USG)	UNHEALTHY	VERY UNHEALTHY / HAZARDOUS
	(AQI : 0-50)	(AQI: 51-100)	(AQI: 101-150)	(AQI: 151-200)	(AQI: 201-300)
	Visibility* 11+ miles	Visibility 6-10 miles	Visibility 3-5 miles	Visibility 1.5 - 2.75 miles	Visibility < 1.25 miles
Recess (15 min)	No restrictions	No restrictions, but allow students with asthma or other respiratory problems to stay indoors	Keep children with asthma, respiratory infection, and heart or lung disease indoors. Make indoor space available for all children	Keep children indoors and activity levels light.	Keep all children indoors and activity levels light.
P.E. (1 hour)	No restrictions	Monitor children with asthma or other respiratory problems, limit their vigorous activities and increase rest periods	Limit to light outdoor activities. Allow any student to stay indoors if going outside might affect their health. Keep children with asthma, respiratory infection, and heart or lung disease indoors. Limit these children to moderate activities.	Conduct P.E. indoors. Limit children to light activities.	Keep all children indoors and activity levels light.
Scheduled Sporting Events & Practices	No restrictions	Monitor children with asthma or other respiratory problems, limit their vigorous activities and increase rest periods	Consider moving the event indoors. Increase rest periods and substitutions to allow for lower breathing rates. Children with asthma, respiratory infection, and heart or lung disease should play indoors.	Consider canceling, rescheduling, or relocating event to an area of good air quality, if this can be done without much transit through areas with poor air quality	Consider canceling, rescheduling, or relocating event to an area of good air quality, if this can be done without much transit through areas with poor air quality

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*Asthma action plans should be followed at all times. When air quality is diminished, individuals should pay special attention to their Asthma Action Plan

→**Light activities:** walking slowly carrying school books, hanging out with friends, playing board games

→**Moderate activities:** Skateboarding, slow pitch softball, shooting basketballs

→**Vigorous activities:** Running, jogging, football, soccer, basketball, jumping rope

How to roughly estimate air quality based on visibility without an air quality monitor or airport visibility estimate:

- 1) Face away from the sun. 2) Determine the limit of your visible range by looking for targets at known distances (miles).
- 3) Visible range is that point at which even high contrast objects totally disappear. 4) Use the values above to determine the local AQI

North Coast Unified
Air Quality Management District
 707 L Street, Eureka CA 95501
 (707) 443-3093
www.ncuaqmd.org



Humboldt - Del Norte - Trinity Counties