

Sample Air Quality Health Index Preparedness Guide

- *People with heart or breathing problems are at greater risk during elevated Air Quality Health Index readings. Follow your doctor's advice about exercising and managing your condition.*
- Prior to outside physical activity check the Air Quality Health Index. Accommodate activities for “at risk” and general population students as appropriate.

Actions that Must be Taken

This section provides the health messages for each category of the Air Quality Health Index for the "at risk" population and the general population.

- **Air Quality Health Index 1-3**

- Health Risk: Low
- For at risk students: Enjoy your usual outdoor activities
- For general student population: Ideal air quality for outdoor activities

- **Air Quality Health Index 4-6**

- Health Risk: Moderate
- For at risk students: Consider reducing or rescheduling strenuous outdoor activities if you/students are experiencing symptoms
- For general student population: No need to modify your usual outdoor activities unless you/students experience symptoms such as coughing and throat irritation

- **Air Quality Health Index 7-10**

- Health Risk: High
- For at risk students: Reduce or reschedule strenuous outdoor activities. Students should take it easy.
- For general student population: Consider reducing or rescheduling strenuous outdoor activities if you/students experience symptoms, such as coughing and throat irritation

- **Air Quality Health Index Above 10**

- Health Risk: Very High
- For at risk students: Avoid strenuous outdoor activities
- For general student population: Reduce or reschedule strenuous outdoor activities, especially if you/students experience symptoms, such as coughing and throat irritation.