

# 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

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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.