



Washoe County  
School District

# Air Quality Guidance for Schools and Athletics

Air quality affects the health of everyone, particularly sensitive groups<sup>1</sup> including children, teens, and those with lung and heart conditions. To learn more about air quality conditions near you, visit **AirNow.gov**. Visit **WashoeSchools.net/AirQuality** for air quality guidance and resources for schools and child care facilities.

AIR QUALITY INDEX (AQI)	LEVEL OF ACTIVITY			
	Recess	PE	Sporting Events	Physical Training
Good (0-50)	Enjoy the outdoors.			
Moderate (51-100)	Students and adults who are unusually sensitive to air pollution could have symptoms <sup>2,3</sup> .		Students and adults who are unusually sensitive to air pollution should limit prolonged or heavy exertion.	
Unhealthy for Sensitive Groups <sup>1</sup> (101-150)	Make Indoor space available to all children. It is okay to be active outside for short activities. Watch for symptoms <sup>3</sup> and take action as needed.		Everyone should take more rest breaks and do less intense activities to lower respiratory rate. Those with asthma/other heart or lung illness should medically manage condition <sup>2</sup> .	
Unhealthy (151-200)	Should restrict outdoor activities for all children and limit indoor activities to moderate exercise.		Should consider rescheduling or relocating event.	Should decrease intensity and duration. Take breaks. Consider other activities.
Very Unhealthy (201-300)	Must restrict outdoor activities to all children and limit indoor activities to light/moderate exercise.		Must reschedule or move to a location with lower AQI.	
Hazardous (301+)	Must keep everyone indoors and limit indoor activity to light exercise.		Must reschedule or move to a location with lower AQI.	

Developed by Washoe County School District Student Health Services and Office of Emergency Management. Based on information provided by US EPA Activity Guides (AirNow.gov); Washoe County Health District, Air Quality Management Division; and EPA, PEHSU, and American Academy of Pediatrics Wildfire Smoke FactSheet. <sup>1,2,3</sup> See reverse.



Washoe County  
School District

# Air Quality Guidance for Schools and Athletics

**Air quality is measured by the Air Quality Index (AQI)** and is published by the US EPA online at **AirNow.gov**. AirNow notifications and apps allow you to monitor air quality in your area throughout the day.

**Poor air quality is caused by pollution made up of particles of varying sizes and gases, such as ozone.** Pollution is often caused by wildfires, burning wood and coal fireplaces, and automobile exhaust.

When these pollutants gather in large concentrations, as may be the case when wildland fires are nearby or air temperature causes pollutants to be trapped in valleys, poor air quality can be unhealthy.

Many factors, including wind and temperature, can impact changes in AQI even over short periods of time. **Monitor conditions throughout the day.**

**If what you are observing does not match the AQI, use your best judgment to determine what course of action is safest and healthiest for those in your care.** For information about using visual indicators of air quality during times and in places that monitoring data is not available, visit [WashoeSchools.net/AirQuality](http://WashoeSchools.net/AirQuality).

Developing lungs of children and teens, lungs that may be irritated and inflamed for other reasons, such as asthma, and the circulatory systems of those with heart conditions are particularly vulnerable to the effects of the ash, dust, and chemicals that make up wildfire smoke and other air pollution.

**<sup>1</sup>“Sensitive groups” includes children, teens, older adults, and those with heart or lung conditions.**

## *What can you do?*

### **Keep indoor air as clean as possible to provide a safe space away from poor quality air.**

- ▶ Keep doors and windows closed.
- ▶ Run air purification filters, such as HVAC systems with HEPA filters or portable (non-ozone) filters, if possible.
- ▶ Avoid activities that decrease indoor air quality. Do not burn or smoke inside. Do not use spray cans or vacuum.
- ▶ Once air quality improves, air out and clean the indoor space.

### **<sup>2</sup> Students and adults with asthma should follow their asthma action plan and keep rescue (quick-relief) medicine handy. Teach others how to help in emergencies.**

### **<sup>3</sup> Monitor symptoms and provide first aid, as needed.**

SYMPTOMS	ACTION
<b>Mild symptoms:</b> Lethargy, headache, burning feeling in eyes, nose and throat	<b>Take a break.</b> <b>Move indoors to clean air.</b> <b>Do less intense activity or stop all activity.</b>
<b>Severe symptoms:</b> Coughing, wheezing, trouble or difficulty breathing, chest pain and tightness.	<b>Stop all activity. Move to clean air.</b> <b>Use quick-relief medicine as prescribed.</b> <b>If symptoms don't improve, get medical help.</b>