

Sample Air Quality Health Index Preparedness Guide

- *People with heart or breathing problems are at greater risk. Follow your doctor's advice about exercising and managing your condition.*
- Where appropriate prior to outside physical activities check the Air Quality Health Index for when and how to accommodate activities for “at risk” and general population students.

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 the 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 activities outdoors if you/students are experiencing symptoms.
- For the 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 activities outdoors. Students should also take it easy.
- For the general student population: Consider reducing or rescheduling strenuous activities outdoors if you/students experience symptoms, such as coughing.

- **Air Quality Health Index Above 10**

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