

# Air Quality and Outdoor Activity Guidance

## FOR ST. MARY'S COUNTY SCHOOLS

Regular physical activity — at least 60 minutes per day — promotes health and fitness. The table below shows when and how to modify outdoor physical activity based on the Air Quality Index. This guidance can help protect the health of all children, including teenagers, who are more sensitive than adults to air pollution. Check the air quality daily at [www.smchd.org/BreatheWell](http://www.smchd.org/BreatheWell).

AIR QUALITY INDEX	OUTDOOR ACTIVITY GUIDANCE
 <p><b>GREEN = GOOD</b></p>	<p>Great day to be active outside!</p>
 <p><b>YELLOW = MODERATE</b></p>	<p>Good day to be active outside!</p> <p>Students who are unusually sensitive to air pollution could have symptoms.*</p>
 <p><b>ORANGE = UNHEALTHY FOR SENSITIVE GROUPS</b></p>	<p>It's OK to be active outside, especially for <b>short activities</b> such as recess and physical education (PE).</p> <p>For <b>longer activities</b> such as athletic practice, take more breaks and do less intense activities.</p> <p>Watch for symptoms and take action as needed.*</p> <p>Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy.</p>
 <p><b>RED = UNHEALTHY</b></p>	<p>For <b>all outdoor activities</b>, take more breaks and do less intense activities.</p> <p>Consider moving <b>longer or more intense activities</b> indoors or rescheduling them to another day or time.</p> <p>Watch for symptoms and take action as needed.*</p> <p>Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy.</p>
 <p><b>PURPLE = VERY UNHEALTHY</b></p>	<p>Move <b>all activities</b> indoors or reschedule them to another day.</p>

### \*WATCH FOR SYMPTOMS

Air pollution can make asthma symptoms worse and trigger attacks. Symptoms of asthma include coughing, wheezing, difficulty breathing and chest tightness. Even students who do not have asthma could experience these symptoms.

#### If symptoms occur:

The student might need to take a break, do a less intense activity, stop all activity, go indoors, or use quick-relief medicine as prescribed. If symptoms don't improve, get medical help.

### GO FOR 60!

CDC recommends that children get 60 or more minutes of physical activity each day.  
[www.cc.gov/healthyyouth/physicalactivity/guidelines.htm](http://www.cc.gov/healthyyouth/physicalactivity/guidelines.htm)

### Plan Ahead for Ozone

There is less ozone in the morning. On days when ozone is expected to be at unhealthy levels, plan outdoor activities in the morning.