

School & Outdoor Event Air Quality Recommendations

PROTECT STUDENT HEALTH DURING POOR AIR QUALITY

Air quality is an important consideration for schools in terms of student activities. This recommendation guide is for schools, coaches, and event coordinators regarding student exposure to fine particulate (smoke and dust) air pollution. Call 805-781-5912 for more info.



Air Quality Conditions

First, check current air quality at SLOCleanAir.org/air-quality/air-forecasting-map.php
You can also view smoke plumes & real-time air quality impacts in your community at Fire.AirNow.gov

	Visibility ≥ 11 miles	Visibility 6 - 10 miles	Visibility 3 - 5 miles	Visibility 1.5 - 2.75 miles	Visibility 1 - 1.25 miles	Visibility < 1 mile
Activity	GOOD (AQI: 0-50) LEVEL 1	MODERATE (AQI: 51-100) LEVEL 2	UNHEALTHY FOR SENSITIVE GROUPS (AQI: 101-150) LEVEL 3	UNHEALTHY (AQI: 151-200) LEVEL 4	VERY UNHEALTHY (AQI: 201-300) LEVEL 5	HAZARDOUS (AQI: 301-500) LEVEL 6
Recess (15 min)	No Restrictions	Allow students with asthma, respiratory infection, lung or heart disease to stay indoors.	Keep students with asthma, heart & lung conditions indoors.	Keep all students indoors and keep activity levels light.	Keep all students indoors and keep activity levels light.	Keep all students indoors and keep activity levels light.
P.E. (1 hour)	No restrictions, however very sensitive individuals may experience symptoms when AQI approaches 50 AQI.	Monitor students with asthma, heart & lung conditions. Increase rest periods or substitutions for these students as necessary.	Limit to light outdoor activities. Allow any student to stay indoors, if going outside may affect their health. Keep students with asthma, heart & lung conditions indoors.	Conduct P.E. indoors. Limit students to light indoor activities.	Keep all students indoors and keep activity levels light.	Keep all students indoors and keep activity levels light.
Athletic Events & Practices (2+ hours)	No restrictions, however very sensitive individuals may experience symptoms when AQI approaches 50 AQI.	Monitor students with asthma, heart & lung conditions. Increase rest periods or substitutions for these students as necessary.	Consider moving the event indoors. If event is not cancelled, increase rest periods & substitutions per CIF* guidelines for extreme heat. Those with asthma, heart & lung conditions should not play outdoors.	Cancel the event or move the event to an area with "GOOD" air quality if this can be done without much transit through areas with poor air quality. Follow CIF* guidelines for extreme heat.	Cancel the event or move the event to an area with "GOOD" air quality if this can be done without much transit through areas with poor air quality. Follow CIF* guidelines for extreme heat.	Cancel the event or move the event to an area with "GOOD" air quality if this can be done without much transit through areas with poor air quality. Follow CIF* guidelines for extreme heat.

* California Interscholastic Federation

NOTE: Asthma Action Plans should be followed regardless of air quality for all levels of activity. When air quality is diminished, individuals should pay special attention to their Asthma Action Plan.



Air Pollution Control District
San Luis Obispo County



COUNTY OF SAN LUIS OBISPO
HEALTH AGENCY
PUBLIC HEALTH DEPARTMENT

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USING THESE GUIDELINES:

School districts and event coordinators will need to monitor local air quality conditions using air quality tracking tools such as the SLO County APCD's current conditions table at [SLOCleanAir.org](https://www.slocleanair.org) or the EPA's Fire & Smoke Map at [Fire.AirNow.gov](https://www.fire.airnow.gov).

School districts are welcome to consult with the SLO County APCD regarding outdoor air and the County Public Health Department regarding indoor air before making final determinations.

Use common sense to guide you & your child's activity. If it looks smoky outside, if local air quality is reported as poor or local officials are giving health warnings, wait until air quality improves before you are active outdoors.

Please contact Meghan Field at the SLO County APCD for more information at 805-781-5912.



Additional Information & Resources for At School or Home

About Face Masks / Clean Air Rooms / Air Purifiers

- Be prepared before smoke is in our sky and create a Clean Air Room in your home. We have a step by step guide on how to do this on our website at [SLOCleanAir.org/community/clean-air-rooms](https://www.slocleanair.org/community/clean-air-rooms).
- When air is unhealthy, the best option is to reduce physical activity and stay indoors with windows and doors closed. If indoor temperature is high, get to a location with clean filtered air such as a public library, shopping mall or other building with heating, ventilation, and air conditioning (HVAC) system filtration. You can also run box fans and overhead fans to keep your space cool.
- If going outdoors for a short period of time is necessary, an N95 may offer the best level of protection against fine particles. Children can wear N95s as long as they are proper fitting, they are older than 2 years old and able to properly communicate with an adult if they are having difficulty breathing.
- There are various indoor air purifiers that can be purchased to reduce indoor air pollution, be sure to check the California Air Resource Board's website to ensure they are not ozone-producing. During an emergency, DIY air purifiers may be made using a box fan and air filter. Visit [SLOCleanAir.org/air-quality/wildfire](https://www.slocleanair.org/air-quality/wildfire) for more info.

Recommendations for Ensuring Cleaner Air at School

- Install and maintain HVAC air conditioning system with medium or high-efficiency filtration. Install high efficiency particulate air (HEPA) filters, if possible. See below for U.S. EPA recommendations for air filtration. https://www3.epa.gov/airnow/smoke_fires/indoor-air-filtration-factsheet-508.pdf
- Install portable HEPA filters in classrooms, where possible. Approved filters: <https://www.arb.ca.gov/research/indoor/aircleaners/certified.htm>
- Ensure doors and windows are sealed tightly. Minimize air movement in and out of the room.

AIRAWARE TEXT NOTIFICATION SYSTEM

Sign up to receive text alerts right to your phone when there are significant blowing dust or smoke impacts in our county.

AirAware